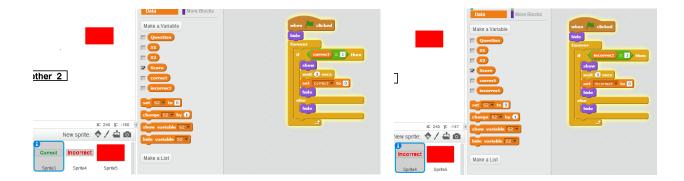1. Right click on the cat and delete the cat.

2. Click on the backgorund tab in the center of the screen and Import the "Musclar System" image from the desktop.

3. Click on the paintbrush/star to make a sprite, then select the text tool and type in green the word "Correct."

4. Click on the paintbrush/star again to make a sprite, then select the text tool and type in red "Incorrect."

5. Click on the paintbrush/star to make a sprite, then select the text tool and type in black the name of a muscle that appears in the word document on the desktop.

6. Repeat step five to create buttons for a few more muscles from the the word document.

7. Copy a question the word document that goes with one of the muscles you selected.

8. Click on the paintbrush/star to make a sprite, then select the text tool, set a small font size and paste in your question.

9. With the Question sprite still selected, click on costumes tab in the center of the screen. Click on copy to duplicate the "costume."

10. Click on Edit to edit the "costume." Select and delete or erase the old question. Then click on the text tool, click into the stage and paste in a new question for one of your muscles from the word document.

11. Repeat step Ten for the rest of your muscles.

12. Create the following scripts:

Stage Script:

Correct and Incorrect scripts:

Questions script:

"Button 1" Script: