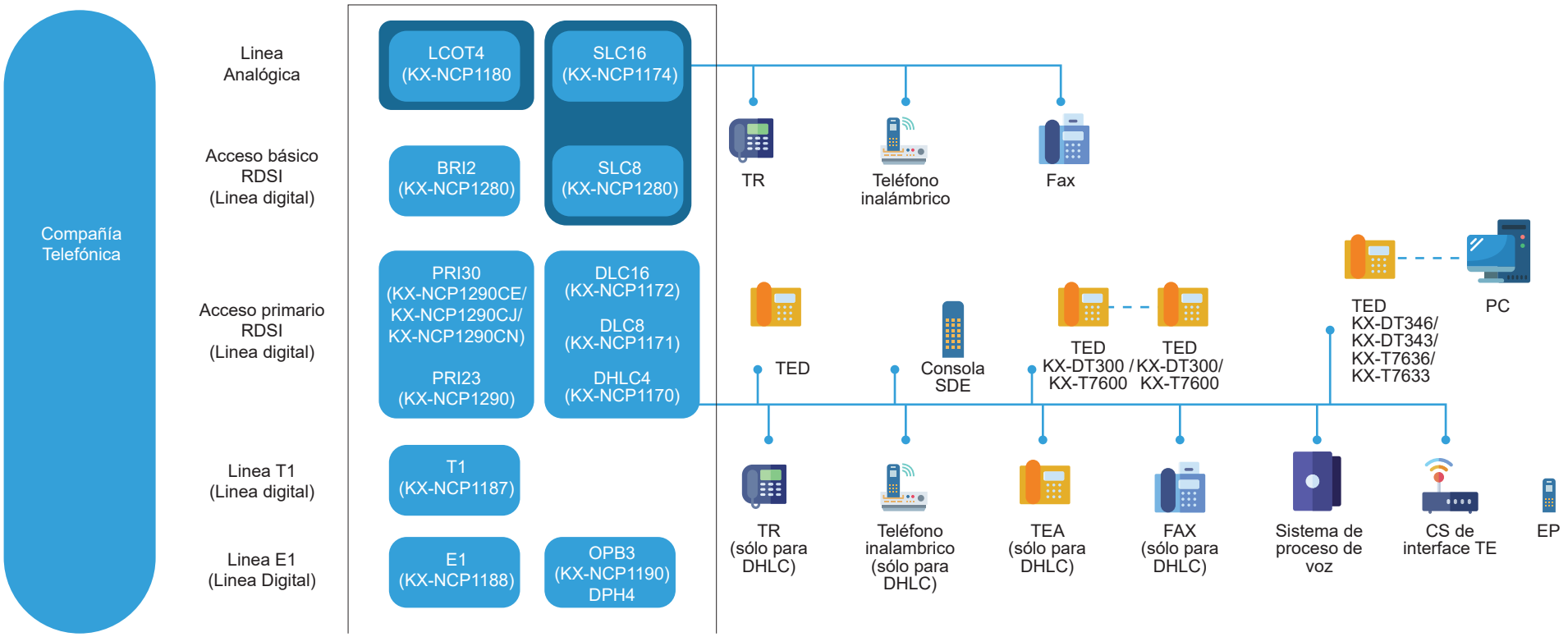Lista de Chequeo