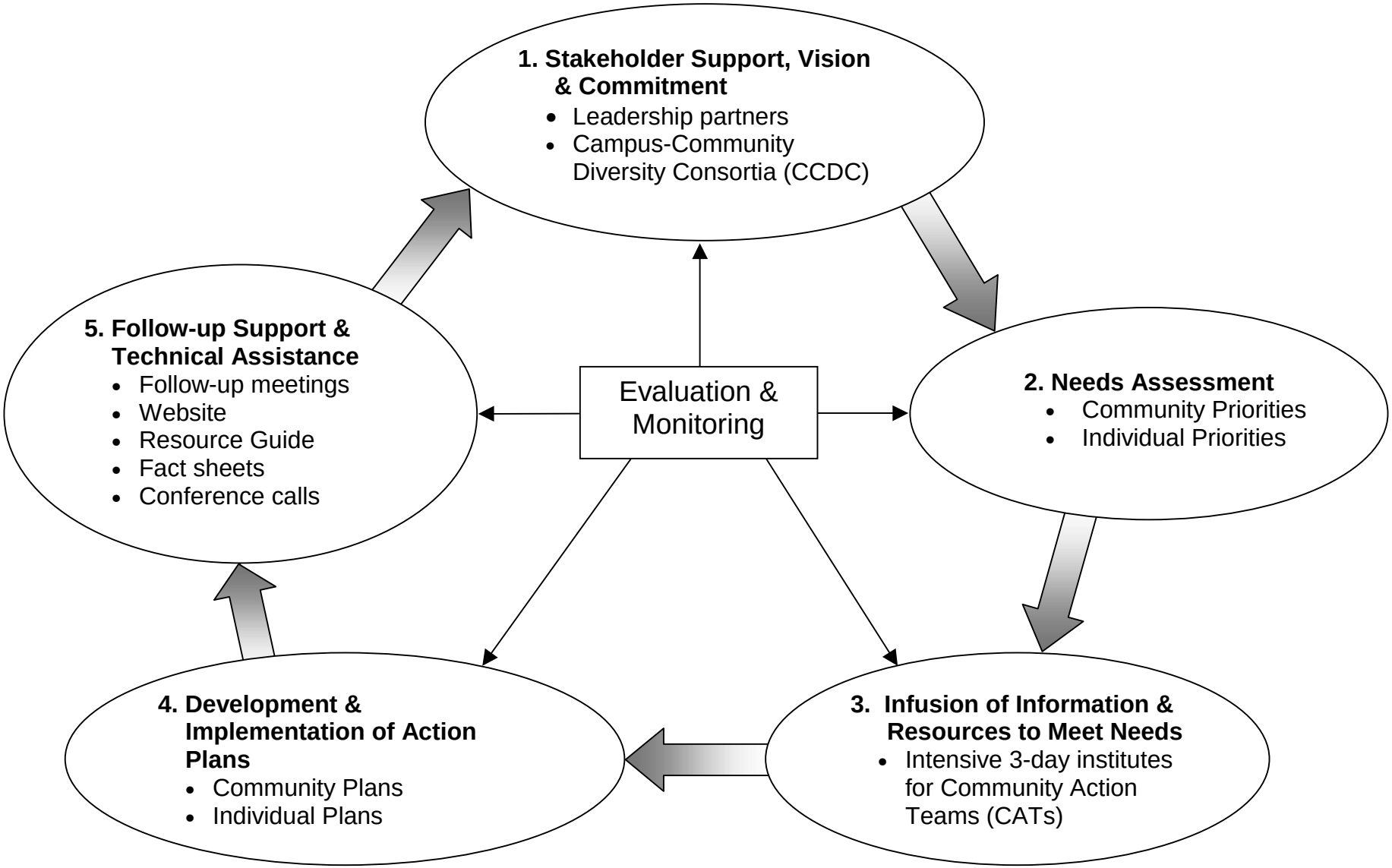Components of the Walking the Walk Model