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| **Strategy** | **From category** | **Situation/context** | **Effect on my walking ability** |
| *Counting 1-2-3-4* | Internal cueing | Taking the first step after getting up from a chair. | Works well: able to start walking more easily. |
| Walking to the rhythm of a metronome | External cueing | Hiking outdoors | Does not work: my walking did not improve. |
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