

Step	Action	Measured
1	Beta dose (or natural dose)	
2	10 s preheat at 200 °C	
3	20 s blue stimulation at 125 °C	$L_n, L_i$
4	Beta test dose	
5	10 s “cut heat” at 180 °C	
6	20 s blue stimulation at 125 °C	$T_n, T_i$
7	40 s blue bleach at 210 °C	
8	Repeat steps 1–8 for a regenerative dose, zero, and repeat dose	
Extra 1	Repeat steps 1–8 with added infrared bleach at 30 °C prior to step 4	