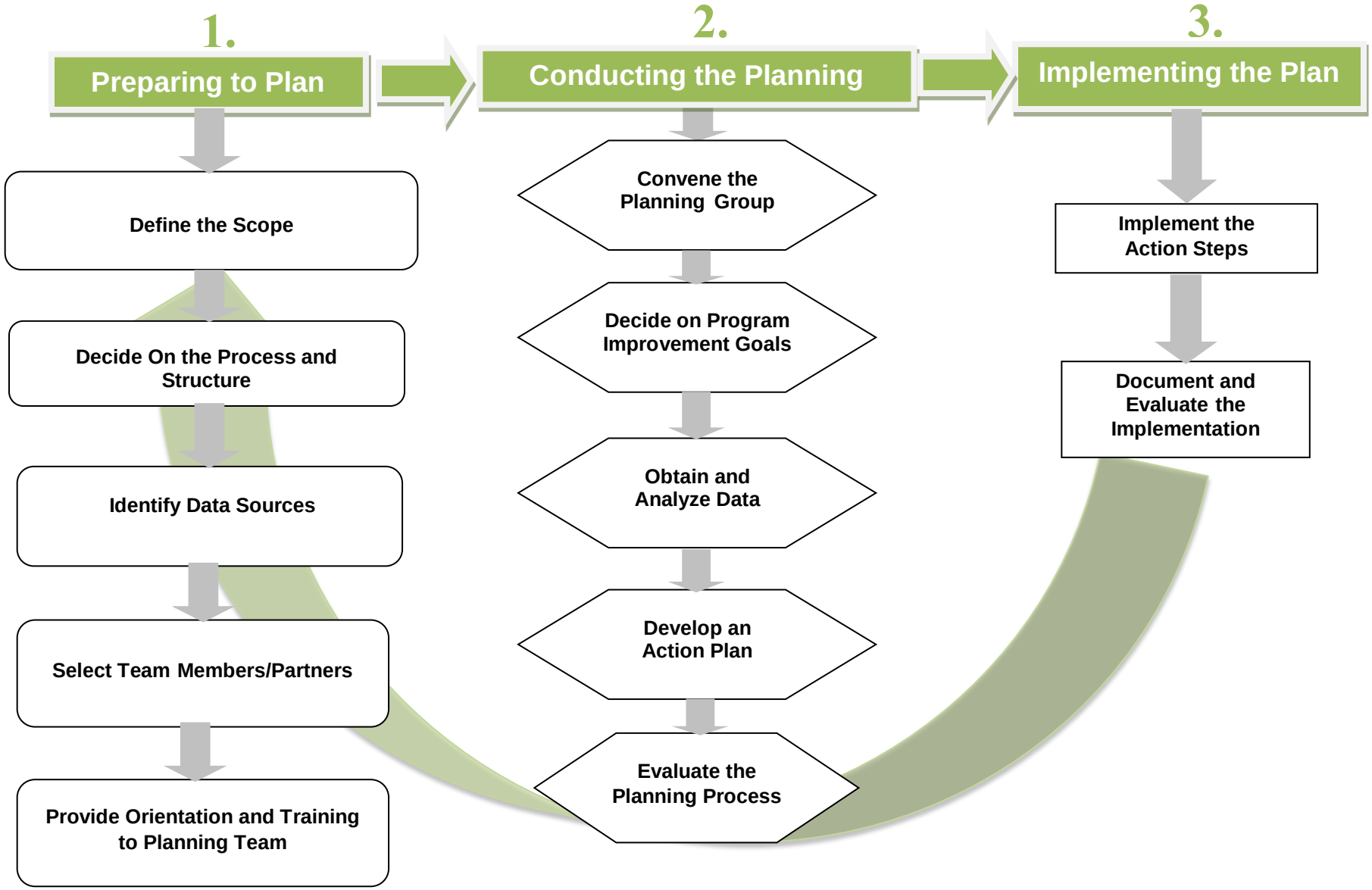Handout 4: The Program Continuous Improvement Planning Cycle