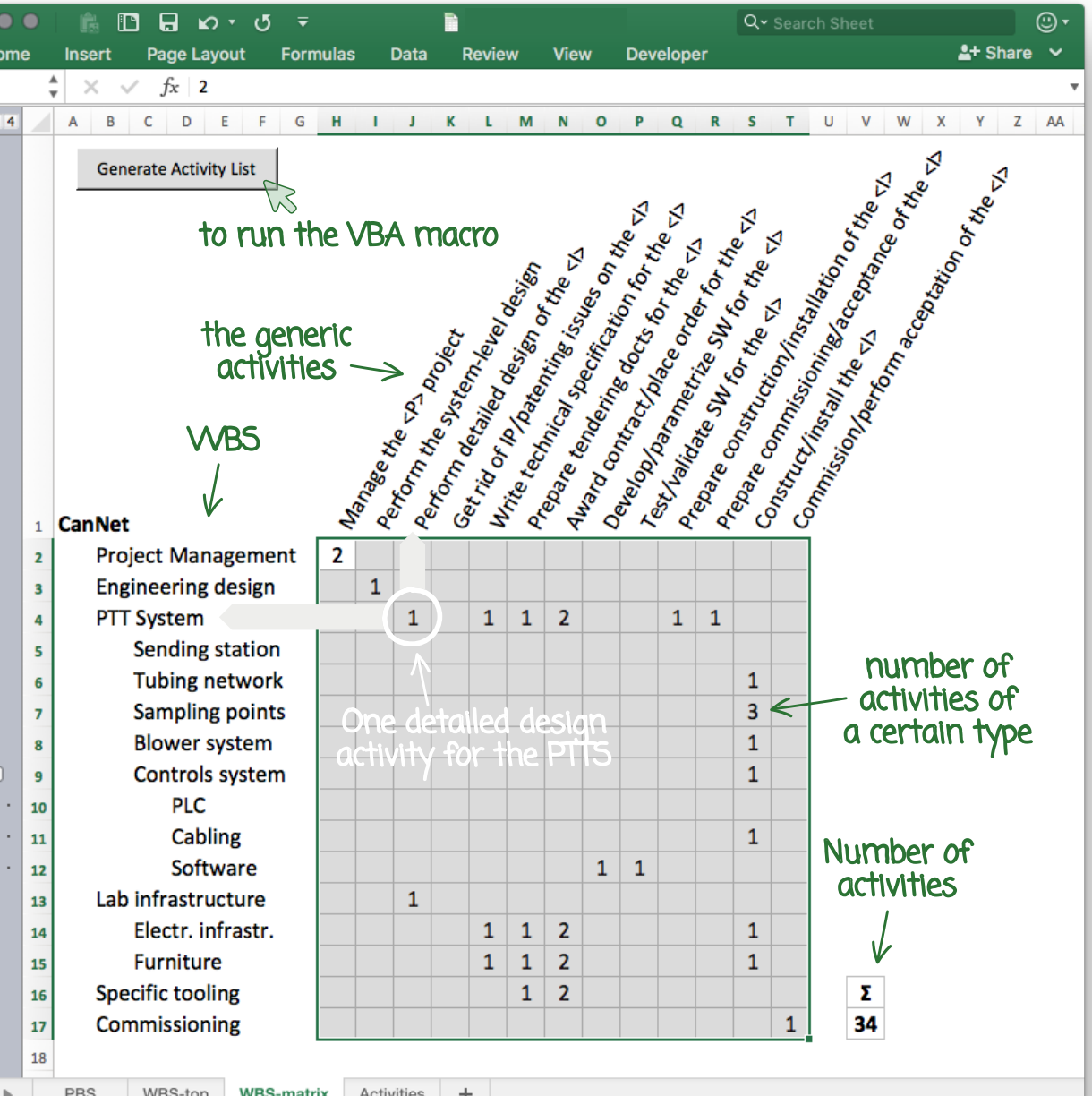

To run the macro:

1. Put a '>' in col. A (e.g. cell A20)
2. Select cells for which activities will be generated (e.g. H2:T17)
3. Click the button