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1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

Year	Age	Sex	Weight (kg)	Height (cm)	Body Mass Index (BMI)
1990	10	M	25.0	150.0	11.1
1991	11	F	26.0	155.0	10.8
1992	12	M	27.0	160.0	10.5
1993	13	F	28.0	165.0	10.2
1994	14	M	29.0	170.0	10.0
1995	15	F	30.0	175.0	9.7
1996	16	M	31.0	180.0	9.5
1997	17	F	32.0	185.0	9.3
1998	18	M	33.0	190.0	9.1
1999	19	F	34.0	195.0	8.9
2000	20	M	35.0	200.0	8.7
2001	21	F	36.0	205.0	8.5
2002	22	M	37.0	210.0	8.3
2003	23	F	38.0	215.0	8.1
2004	24	M	39.0	220.0	7.9
2005	25	F	40.0	225.0	7.7
2006	26	M	41.0	230.0	7.5
2007	27	F	42.0	235.0	7.3
2008	28	M	43.0	240.0	7.1
2009	29	F	44.0	245.0	6.9
2010	30	M	45.0	250.0	6.7
2011	31	F	46.0	255.0	6.5
2012	32	M	47.0	260.0	6.3
2013	33	F	48.0	265.0	6.1
2014	34	M	49.0	270.0	5.9
2015	35	F	50.0	275.0	5.7
2016	36	M	51.0	280.0	5.5
2017	37	F	52.0	285.0	5.3
2018	38	M	53.0	290.0	5.1
2019	39	F	54.0	295.0	4.9
2020	40	M	55.0	300.0	4.7
2021	41	F	56.0	305.0	4.5
2022	42	M	57.0	310.0	4.3
2023	43	F	58.0	315.0	4.1
2024	44	M	59.0	320.0	3.9
2025	45	F	60.0	325.0	3.7
2026	46	M	61.0	330.0	3.5
2027	47	F	62.0	335.0	3.3
2028	48	M	63.0	340.0	3.1
2029	49	F	64.0	345.0	2.9
2030	50	M	65.0	350.0	2.7
2031	51	F	66.0	355.0	2.5
2032	52	M	67.0	360.0	2.3
2033	53	F	68.0	365.0	2.1
2034	54	M	69.0	370.0	1.9
2035	55	F	70.0	375.0	1.7
2036	56	M	71.0	380.0	1.5
2037	57	F	72.0	385.0	1.3
2038	58	M	73.0	390.0	1.1
2039	59	F	74.0	395.0	0.9
2040	60	M	75.0	400.0	0.7
2041	61	F	76.0	405.0	0.5
2042	62	M	77.0	410.0	0.3
2043	63	F	78.0	415.0	0.1
2044	64	M	79.0	420.0	-0.1
2045	65	F	80.0	425.0	-0.3
2046	66	M	81.0	430.0	-0.5
2047	67	F	82.0	435.0	-0.7
2048	68	M	83.0	440.0	-0.9
2049	69	F	84.0	445.0	-1.1
2050	70	M	85.0	450.0	-1.3
2051	71	F	86.0	455.0	-1.5
2052	72	M	87.0	460.0	-1.7
2053	73	F	88.0	465.0	-1.9
2054	74	M	89.0	470.0	-2.1
2055	75	F	90.0	475.0	-2.3

11. M. J. Campolongo, *Chem. Soc. Rev.*, **2000**, 29, 1.

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