



A spiral-bound notebook with a bright green cover. The left side features a silver metal spiral binding. The cover has a central photograph of a bicycle with a dark frame and red handlebars. The bicycle is parked on a paved surface, and the background is dark and out of focus. Overlaid on the photograph is a semi-transparent black horizontal band containing the text "AT FIRST WE THOUGHT IT WAS JUST ANOTHER BIKE, BUT THEN . . ." in white, bold, sans-serif capital letters. Below the photograph, there are two small text elements: "Photo by Jonas Tana" on the left and a logo consisting of a square with a stylized 'W' followed by the text "write about" on the right. In the bottom right corner of the green cover, the text "fppt.com" is printed in a small font.