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| Paper Type: Original Article  Paper Title |

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| FirstName, LastName 1,\* , FirstName, LastName  1 Affiliation; Email Address;  2  Affiliation; Email Address;  **Citation:**   |  |  | | --- | --- | | *Received: -----*  *Revised: -----*  *Accepted:---* | LastName, Initial First Name., & LastName, Initial First Name . (Date). Paper Title. *Mechanical Technology and Engineering Insights , Volume* (Issue), PP. |   **Abstract** |

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| Every paper should include an abstract with a maximum of 300 words. The abstract should include the problem explanation, methods used for the solution, and the significant results. It should finish with a sentence to describe the implications for the field. The abstract must not include references, figures or tables. |
| **Keywords:** (Sentence case and followed by colon) followed by 3 to 7 words that describe the focus and contribution of the paper. |

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The title of the paper should be written in Garamond bold 19-point font, left side on the top of the paper. The first letter of every word in the title should be capitalized. The authors’ names, following the title, must be written in Garamond bold 10 point font and their affiliations must be written in Garamond 9 point font.

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1.1|Figures and Tables

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All inserts, figures, diagrams, photographs, and tables must be center-aligned, clear, and appropriate for black/white or greyscale reproduction.

Figures (e.g., *Fig. 1*) must be numbered consecutively, 1, 2, etc., from start to finish of the paper, ignoring sections and subsections. Tables (e.g., *Table 1*) are also numbered consecutively, 1, 2, etc., from start to finish of the paper, ignoring sections and subsections, and independently from figures.

Table contents and headers must be 10 pt. font, and left aligned.



Fig. 1. Network with eight vertices.

Table 1. List of Arc lengths.

|  |  |  |  |
| --- | --- | --- | --- |
| **S/N** | **Questions** | **Options** | |
| 1 | How often does waste management team visit your locality for waste collection and disposal? | Once a week | Once a month |
| 2 | How do you dispose your household waste? | Bury it in the ground | Burn it |
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All equations in-text should be Times New Roman font, and 10 pt. as the sample. All equations in separate tables should be placed on separate lines, Times New Romanfont and 11 pt. numbered consecutively, and left aligned with the equation numbers placed within parentheses and aligned against the right margin as shown in *Eq. (1)*.

|  |  |
| --- | --- |
|  | **(1)** |

Where

, and b is a number greater than 1.

Be sure that the symbols in your equation have been defined before the equation appears or immediately following. Each equation should be written by MathType in specified style as shown in *Eq. (1)*.

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Acknowledgments

Acknowledgements enable you to thank all those who have helped in carrying out the research. Careful thought needs to be given concerning those whose help should be acknowledged and in what order. The general advice is to express your appreciation in a concise manner and to avoid strong emotive language.

Author Contributaion

For research articles with multiple authors, provide a short paragraph that identifies each contribution. The following statements should be used: "Conceptualization, X.X. and Y.Y.; Methodology, X.X.; Software, X.X.; Validation, X.X., Y.Y. and Z.Z.; formal analysis, X.X.; investigation, X.X.; resources, X.X.; data maintenance, X.X.; writing-creating the initial design, X.X.; writing-reviewing and editing, X.X.; visualization, X.X.; monitoring, X.X.; project management, X.X.; funding procurement, Y.Y. All authors have read and agreed to the published version of the manuscript. Authorship must be limited to those who have made a significant contribution to the work reported. All terms were described in the [**CT**](https://drive.google.com/file/d/18RGWXRr_r2tx6CpUg9c6uV0-S1X9Iu4X/view?usp=sharing)file.

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Data Availability

We encourage all authors to make their research data available. Please indicate where the data supporting the reported findings can be found, including links to publicly archived datasets that were analyzed or generated during the study. If no new data were generated or if data are not available due to privacy or ethical restrictions, an explanation is still required. The suggested Data Availability Statements were collected in [**DAS**](https://drive.google.com/file/d/1uurtjew-arbqOY2Gz9phWYqzR_ssl7F1/view?usp=sharing) file.

Conflicts of Interest

The authors declare no conflict of interest. Authors must declare any personal circumstances or interests that could be considered to have an inappropriate influence on the presentation or interpretation of the reported research findings. Any role of funders in the design of the study, in the collection, analysis, or interpretation of the data, in the writing of the manuscript, or in the decision to publish the results must be disclosed in this section. If this is not the case, please indicate "Funders played no role in the design of the study, in the collection, analysis, or interpretation of the data, in the writing of the manuscript, or in the decision to publish the results." You can see more details in [CID](https://drive.google.com/file/d/10QZBS_E66Z4UTNdP5GhoR5dfsaGe2Jvw/view?usp=sharing) file.

References

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1. Murphyn, L. (n.d.). *Utrition & exercise - timing is everything*. NASM. <https://blog.nasm.org/workout-and-nutrition-timing>

Appendix

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When citing an Appendix in the main text, it is essential to reference it accordingly. In the Appendix, any referenced Figures, Tables, equations, etc., should be labeled with an "A" prefix, followed by a sequential numbering starting from 1 (e.g., Fig. A1, Fig. A2, etc.).