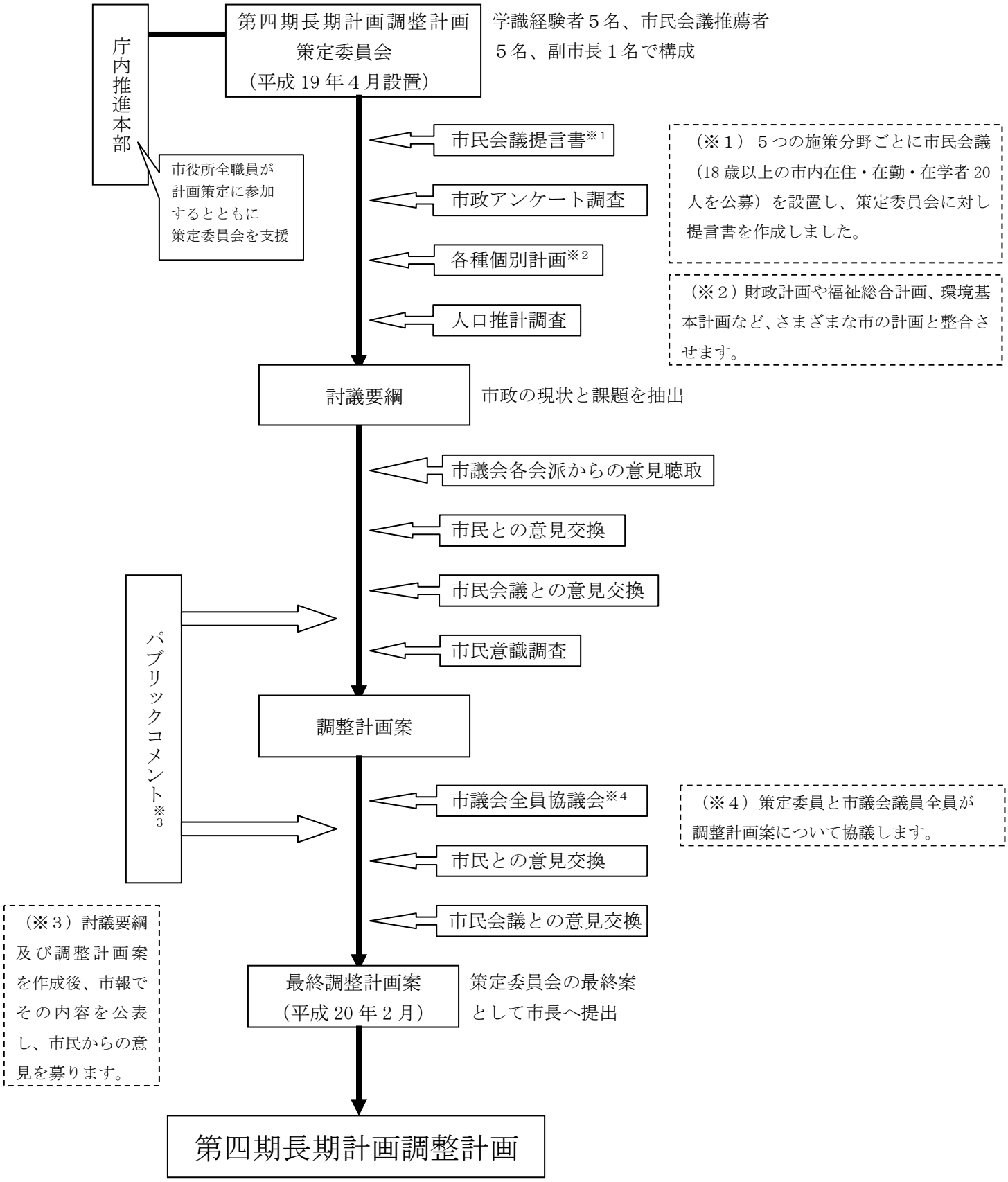調整計画策定までの流れ