

This image shows a template for handwriting practice. It features ten identical horizontal rows. Each row is defined by three lines: a solid top line, a dashed midline, and a solid bottom line. The first row is pre-filled with lowercase letters 'a' through 'z' in a simple sans-serif font. The remaining nine rows are left blank for practice. The letters are positioned such that their ascenders reach the top solid line, their x-height aligns with the dashed midline, and their descenders go down to the bottom solid line.