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Find the number of Helices: N
Find where all the target helices start and end:  $H_{S_i}$  and  $H_{E_i}$  respectively (i goes from 1 to N)
# Glycine/Proline
For i from 1 through N
    if a G or P is between  $H_{S_i}$  and  $H_{E_i}$ 
        then Obj=Obj +1

# --n motif (negative neutral motif)
Between the sequence start and  $H_{E_N}$  (the last residue of the last helix), find all the motifs
defined by '--n'
Find the number of these motifs: M
For i from 1 through M
    if Motifi starts between  $H_{S_i}-2$  and  $H_{S_i}+2$ ,
        then Obj=Obj -1
If M > N,
    then Obj = Obj +2×(M-N)

# n++ motif (neutral positive positive motif)
Between  $H_{S_1}$  (the first residue of the first helix) and the sequence end, find all the motifs
defined by 'n++'
Find the number of these motifs: M
For i from 1 through M
    if Motifi ends between  $H_{E_i}-2$  and  $H_{E_i}+2$ ,
        then Obj = Obj -1
If M > N,
    then Obj=Obj + 2×(M-N)

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