Pregnancy Intervention Tracking Form

Name				_Age_	EDC	E	thni	city_										
Level of Education	No. of Children Dat	e	Cu	ırrent ۸	Medical or Menta	l Hea	lth Is	sues										
Risk Factors I.E.Unemployed	, Single Parent																	
	ate Ended Home \																	
	heet is to track the client's completi mother's involvement with the acti																	
INTERVENTION UNIT 1 ENTERING MOTHERHOOD		Trimester Completed			Date Completed				Client's Involvement Low 1 2 3 4 5 6 7 8 9 10 High									
1) Other Mothers		1	2	3	//	1	2	3	4	5	6	7	8	9	10			
2) Parenting Observation	l	1	2	3	//	1	2	3	4	5	6	7	8	9	10			
3) Motherhood Myths		1	2	3	//	1	2	3	4	5	6	7	8	9	10			
4) The Many Hats of Motherhood		1	2	3	/	1	2	3	4	5	6	7	8	9	10			
5) Balancing Needs-Mom's & Baby's		1	2	3	//	1	2	3	4	5	6	7	8	9	10			
6) Mother Interview		1	2	3	/	1	2	3	4	5	6	7	8	9	10			
7) Celebrating the Transition		1	2	3	//	1	2	3	4	5	6	7	8	9	10			
8) Taking the Good		1	2	3	/	1	2	3	4	5	6	7	8	9	10			
Goal: The mother-to-be is al	ble to discuss the various roles tha	it come 1	with the	e transi	tion into mother	hood.		□Y	'es		lo	Dat	e					
INTERVENTION UNIT 2 CONNECTING WITH MY BABY		Trimester Completed			Date Completed		Lo		Client's Involvement 1 2 3 4 5 6 7 8 9 10 High									
1) Baby Kicks and Wiggle	es	1	2	3	· //	1	2	3	4	5	6	7	8	9	10			
2) Baby Predictions		1	2	3	/	1	2	3	4	5	6	7	8	9	10			
3) Listening to the Hearth	peat	1	2	3	/	1	2	3	4	5	6	7	8	9	10			
4) From Me to You		1	2	3	/	1	2	3	4	5	6	7	8	9	10			
5) Imagining My Baby		1	2	3	/	1	2	3	4	5	6	7	8	9	10			
6) Birth Plan		1	2	3	/	1	2	3	4	5	6	7	8	9	10			
7) Baby Care Plan		1	2	3	/	1	2	3	4	5	6	7	8	9	10			
8) Dear Baby		1	2	3	//	1	2	3	4	5	6	7	8	9	10			
Goal: The mother-to-be acknown as her baby.	nowledges and discusses her grow	ing fetus	s as a d	epende	nt individual soo	n to b	e	ΠY	'es		lo	Dat	e					
INTERVENTION UNIT	3		Trimester Completed		Date Completed		Lo			nt's Involvement 3 4 5 6 7 8 9 10 High								
1) Dream Baby		1	2	3	//	1	2	3	4	5	6	7	8	9	10			
2) Family Traditions & C	elebrations	1	2	3	//	1	2	3	4	5	6	7	8	9	10			
3) Attachment Moments		1	2	3	//	1	2	3	4	5	6	7	8	9	10			
4) Carry & Cuddle: Using	g a Soft Carrier	1	2	3	//	1	2	3	4	5	6	7	8	9	10			
5) My Baby's First Picture	<u>e</u> !	1	2	3	//	1	2	3	4	5	6	7	8	9	10			
6) My Own Relationships		1	2	3	//	1	2	3	4	5	6	7	8	9	10			
7) Preparing to Be an Att Feeding Time	achment Focused Parent:	1	2	3	/	1	2	3	4	5	6	7	8	9	10			
8) Preparing to Be an Atta Diapering Time	achment Focused Parent:	1	2	3	//	1	2	3	4	5	6	7	8	9	10			
Goals: Identify different wa	chment					☐ Yes ☐ No Date												
Demonstrate two ways she has found helpful for herself an			nd her child.			☐ Yes ☐ No Date												
INTERVENTION UNIT 4 RELAXATION & WELL-BEING			rimeste omplet		Date Completed						nvolvement 678910 High							
1) The Art of Pondering Poetry		1	2	3	//	1	2	3	4	5	6	7	8	9	10			
2) Exercise: The Body's R	elease	1	2	3	//	1	2	3	4	5	6	7	8	9	10			
3) Breathe 1 2 3		1	2	3	/	1	2	3	4	5	6	7	8	9	10			

INTERVENTION UNIT 4 (Cont.) RELAXATION & WELL-BEING	Trimester Completed				Client's Involvement Low 1 2 3 4 5 6 7 8 9 10 High									
4) Reach for the Stars!		2	3	//	1	2	3	4	5	6	7	8	9	10
5) Fantasizing for Calmness and Child	1	2	3	//	1	2	3	4	5	6	7	8	9	10
6) Gifts to Your Body	1	2	3	//	1	2	3	4	5	6	7	8	9	10
7) Vitamin L: Laughing It Out	1	2	3	//	1	2	3	4	5	6	7	8	9	10
8) Playing	1	2	3	//	1	2	3	4	5	6	7	8	9	10
Goals: Identify sources of stress in her life.							ΠY	es		lo.	Date	e		
Find ways to reduce identified stress.							_ ·				_	e		
Find ways to lessen the impact of this stress on her comfo and enjoyment.	ort lev	el, feeli	ngs of	safety, and her sen	se of	fun	ΠY				_	e		
Develop a healthy way of integrating stress management	into h	her evei	ryday i	life.			ΠY	es		١o	Date	e		
INTERVENTION UNIT 5 HONORING THE WOMAN IN ME		rimeste	er	Date							ment 3 9 10 High			
1) Nurturing the Woman in Me	1	2	3	//	1	2	3	4	5	6	7	8	9	10
2) Conserving Energy: Saying NO	1	2	3	//	1	2	3	4	5	6	7	8	9	10
3) The Sexual Me	1	2	3	//	1	2	3	4	5	6	7	8	9	10
4) Affirmations	1	2	3	//	1	2	3	4	5	6	7	8	9	10
5) Inner Healing: Ghosts of the Past	1	2	3	//	1	2	3	4	5	6	7	8	9	10
6) Inner Child	1	2	3	//	1	2	3	4	5	6	7	8	9	10
7) Celebrations of Me: Marking the Occasion	1	2	3	//	1	2	3	4	5	6	7	8	9	10
8) What Kind of Baby Was I?	1	2	3	/	1	2	3	4	5	6	7	8	9	10
Goals: Verbalize statements of increased self-esteem.							ПΥ	es		No	Date	e		
Report feelings of having some control over her life (as		s opposed to feeling powerless).					☐ Yes ☐ No					e		
Describe two activities she engages in to support her f		f self wo	orth ar	ıd self-confidence.			ПΥ	es		lo	Date	e		
INTERVENTION UNIT 6 MAKING SPACE		rimeste omplet	er	Date Completed		Lo			t's In		emen		gh	
		rimeste	er	Date	1	Lo 2			t's In				gh 9	10
MAKING SPACE	Co	rimeste omplet	er ed	Date	1		w 1	2 3	t's In	678	8 9 1	0 Hig		10 10
MAKING SPACE 1) Personal Circle of "Support	C c	rimeste omplete 2	er ed 3	Date		2	ow 1 3	2 3 4	t's In	6 7 8	8 9 1 7	0 Hi g 8	9	
MAKING SPACE 1) Personal Circle of "Support 2) Baby's Circle of Support	1 1	rimeste omplete 2 2	er ed 3	Date	1	2 2 2	3 3 3	2 3 4 4	t's In	6 7 8 6 6	8 9 1 7 7	0 Hig 8 8	9	10
MAKING SPACE 1) Personal Circle of "Support 2) Baby's Circle of Support 3) Circle of Safety	1 1 1	rimeste complete 2 2 2	er ed 3 3 3	Date Completed//	1	2 2 2	3 3 3	2 3 4 4 4	t's Inv 4 5 6 5 5	6 7 8 6 6 6	8 9 1 7 7 7	8 8 8 8	9 9 9	10 10
MAKING SPACE 1) Personal Circle of "Support 2) Baby's Circle of Support 3) Circle of Safety 4) Family Tree	1 1 1 1	rimeste omplete 2 2 2 2	er ed 3 3 3 3 3	Date Completed//	1	2 2 2 2	ow 1 3 3 3 3	2 3 4 4 4 4	t's Inv 4 5 6 5 5 5	6 7 8 6 6 6 6	8 9 1 7 7 7	8 8 8 8 8	9 9 9 9	10 10 10
MAKING SPACE 1) Personal Circle of "Support 2) Baby's Circle of Support 3) Circle of Safety 4) Family Tree 5) Exploring the World	1 1 1 1 1	rimeste complete 2 2 2 2 2 2 2 2	er ed 3 3 3 3 3 3	Date Completed//	1 1 1	2 2 2 2 2	ow 1 3 3 3 3 3	2 3 4 4 4 4	t's Inv 4 5 6 5 5 5 5	6 7 8 6 6 6 6 6	8 9 1 7 7 7 7 7	8 8 8 8 8	9 9 9 9	10 10 10 10
MAKING SPACE 1) Personal Circle of "Support 2) Baby's Circle of Support 3) Circle of Safety 4) Family Tree 5) Exploring the World 6) Play and Toy Making	1 1 1 1 1 1	rimeste complete 2 2 2 2 2 2 2 2 2	3 3 3 3 3 3 3	Date Completed//	1 1 1	2 2 2 2 2 2	3 3 3 3 3 3	2 3 4 4 4 4 4	t's Inv 4 5 6 5 5 5 5 5	6 7 8 6 6 6 6 6	8 9 1 7 7 7 7 7 7	8 8 8 8 8 8	9 9 9 9 9	10 10 10 10 10
MAKING SPACE 1) Personal Circle of "Support 2) Baby's Circle of Support 3) Circle of Safety 4) Family Tree 5) Exploring the World 6) Play and Toy Making 7) BabyBook	1 1 1 1 1 1 1	rimeste complete 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	er ed 3 3 3 3 3 3 3 3 3	Date Completed////////	1 1 1 1 1	2 2 2 2 2 2 2	3 3 3 3 3 3 3	2 3 4 4 4 4 4 4	t's Inc. 4 5 6 5 5 5 5 5 5 5 5	6 7 8 6 6 6 6 6 6 6	8 9 1 7 7 7 7 7 7 7 7	8 8 8 8 8 8 8 8 8 8	9 9 9 9 9 9	10 10 10 10 10
MAKING SPACE 1) Personal Circle of "Support 2) Baby's Circle of Support 3) Circle of Safety 4) Family Tree 5) Exploring the World 6) Play and Toy Making 7) BabyBook 8) Welcome Video	1 1 1 1 1 1 1 1 1 1 social	rimeste complete 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	3 3 3 3 3 4her ba	Date Completed//	1 1 1 1 1	2 2 2 2 2 2 2	3 3 3 3 3 3 3 3	2 3 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	t's Inv 4 5 6 5 5 5 5 5 5 5	6 7 8 6 6 6 6 6 6 6	8 9 1 7 7 7 7 7 7 7	8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	9 9 9 9 9 9	10 10 10 10 10
MAKING SPACE 1) Personal Circle of "Support 2) Baby's Circle of Support 3) Circle of Safety 4) Family Tree 5) Exploring the World 6) Play and Toy Making 7) BabyBook 8) Welcome Video Goals: Prepare a place in the world physically, emotionally, and	1 1 1 1 1 1 1 1 d social er ana	rimeste complete 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	3 3 3 3 3 3 4 ber ba	Date Completed//	1 1 1 1 1	2 2 2 2 2 2 2 2 2	3 3 3 3 3 3 3 9 Y	2 3 4 4 4 4 4 4 4 4 ES	5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	6 7 8 6 6 6 6 6 6 6 6 8 8 8 8 8 8 8 8 8 8 8	8 9 1 7 7 7 7 7 7 7 7 Date	8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	9 9 9 9 9	10 10 10 10 10
MAKING SPACE 1) Personal Circle of "Support 2) Baby's Circle of Support 3) Circle of Safety 4) Family Tree 5) Exploring the World 6) Play and Toy Making 7) BabyBook 8) Welcome Video Goals: Prepare a place in the world physically, emotionally, and Build a network of "healthy and safe" persons for both healthy and safe" pe	1 1 1 1 1 1 1 1 d social er ana	rimeste complete 2 2 2 2 2 2 2 2 2 4 the barrimeste	3 3 3 3 3 3 4 ber ba	Date Completed ////////	1 1 1 1 1	2 2 2 2 2 2 2 2 2	3 3 3 3 3 3 3 9 Y	2 3 4 4 4 4 4 4 4 4 ES	5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	6 7 8 6 6 6 6 6 6 6 6 8 8 8 8 8 8 8 8 8 8 8	7 7 7 7 7 Date	8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	9 9 9 9 9	10 10 10 10 10
MAKING SPACE 1) Personal Circle of "Support 2) Baby's Circle of Support 3) Circle of Safety 4) Family Tree 5) Exploring the World 6) Play and Toy Making 7) BabyBook 8) Welcome Video Goals: Prepare a place in the world physically, emotionally, and Build a network of "healthy and safe" persons for both healthy and safe" pe	1 1 1 1 1 1 1 1 d social er ana	rimeste complete 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	ared 3 3 3 3 3 3 3 her ba	Date Completed ////////	1 1 1 1 1	2 2 2 2 2 2 2 2	ow 1 3 3 3 3 3 3 3 3 3 3 9 9 9 9 9 9 9 9 9	2 3 4 4 4 4 4 4 4 4 ES	5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	6 7 8 6 6 6 6 6 6 6 6 8 8 8 8 8 8 8 8 8 8 8	7 7 7 7 7 Date	8 8 8 8 8 8 8 18 18 18 18 18 18 18 18 18	9 9 9 9 9 9 9	10 10 10 10 10 10
MAKING SPACE 1) Personal Circle of "Support 2) Baby's Circle of Support 3) Circle of Safety 4) Family Tree 5) Exploring the World 6) Play and Toy Making 7) BabyBook 8) Welcome Video Goals: Prepare a place in the world physically, emotionally, and Build a network of "healthy and safe" persons for both healthy and safe persons for both h	1 1 1 1 1 1 1 1 1 1 1 Ccc 1 1	rimeste complete 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	ar ed 3 3 3 3 3 3 3 4 her baller ed 3	Date Completed ////////	1 1 1 1 1	2 2 2 2 2 2 2 2 2	ow 1 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	2 3 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	t's Int 4 5 6 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	6 7 8 6 6 6 6 6 6 6 8 8 8 8 8 8 8 8 8 8 8 8	7 7 7 7 Date Date B 9 1 7	8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	9 9 9 9 9 9 9	10 10 10 10 10 10 10
MAKING SPACE 1) Personal Circle of "Support 2) Baby's Circle of Support 3) Circle of Safety 4) Family Tree 5) Exploring the World 6) Play and Toy Making 7) BabyBook 8) Welcome Video Goals: Prepare a place in the world physically, emotionally, and Build a network of "healthy and safe" persons for both healthy and safe" pe	1 1 1 1 1 1 1 1 Ccc 1 1 1	rimeste omplete 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	3 3 3 3 3 3 4 her ba	Date Completed ////////	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	ow 1 3 3 3 3 3 3 3 4 9 7 0 0 1 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	2 3 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	6 7 8 6 6 6 6 6 6 6 6 80 volve 6 7 8 6 6	7 7 7 7 Date Date Personner 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	9 9 9 9 9 9 9	10 10 10 10 10 10 10 10
MAKING SPACE 1) Personal Circle of "Support 2) Baby's Circle of Support 3) Circle of Safety 4) Family Tree 5) Exploring the World 6) Play and Toy Making 7) BabyBook 8) Welcome Video Goals: Prepare a place in the world physically, emotionally, and Build a network of "healthy and safe" persons for both he INTERVENTION UNIT 7 ENHANCING MY BABY'S BRAIN 1) Feeding my Unborn Baby's Brain 2) Brain Building Dinner 3) I Know You Are Out There!	1 1 1 1 1 Ccc 1 1 1 1 1 1 1 1 1 1 1 1 1	rimeste complete 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	3 3 3 3 3 4 her ball by to be red 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	Date Completed ////////	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	ow 1 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	2 3 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	t's Int 4 5 6 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	6 7 8 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6	7 7 7 7 Date Date B 9 1 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	9 9 9 9 9 9 9	10 10 10 10 10 10 10 10 10 10
MAKING SPACE 1) Personal Circle of "Support 2) Baby's Circle of Support 3) Circle of Safety 4) Family Tree 5) Exploring the World 6) Play and Toy Making 7) BabyBook 8) Welcome Video Goals: Prepare a place in the world physically, emotionally, and Build a network of "healthy and safe" persons for both healthy and safe" pe	1 1 1 1 1 Ccc 1 1 1 1 1 1 1 1 1 1 1 1 1	rimeste omplete 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	3 3 3 3 3 4 her ba aby to be er ed 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	Date Completed ////////	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	ow 1 3 3 3 3 3 3 3 9 Y 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 3 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	t's Int' 4 5 6 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	6 7 8 6 6 6 6 6 6 6 6 80 volve 6 7 8 6 6	7 7 7 7 Date Date Person	8 8 8 8 8 8 B B B B B B B B B B B B B B	9 9 9 9 9 9 9 9	10 10 10 10 10 10 10 10 10 10 10
MAKING SPACE 1) Personal Circle of "Support 2) Baby's Circle of Support 3) Circle of Safety 4) Family Tree 5) Exploring the World 6) Play and Toy Making 7) BabyBook 8) Welcome Video Goals: Prepare a place in the world physically, emotionally, and Build a network of "healthy and safe" persons for both healthy and safe" pe	1 1 1 1 1 1 Ccc 1 1 1 1 1 1 1 1 1 1 1 1	rimeste omplete 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	3 3 3 3 3 4 ber bas bby to ber ed 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	Date Completed ////////	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	ow 1 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	2 3 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	t's Int 4 5 6 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	6 7 8 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6	7 7 7 7 Date Date 3 9 1 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	9 9 9 9 9 9 9 9	10 10 10 10 10 10 10 10 10 10 10 10
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