https://docs.google.com/spreadsheets/d/1WTkl88OsMgq83G7X22xc0yUDosqd1IN0otCLDjdHCOU/edit?usp=sharing

https://docs.google.com/document/d/1MG9lSyGNDOVR0KizG-L2T-3AQiFSipYvfMJQN66RDsU/edit?usp=sharing