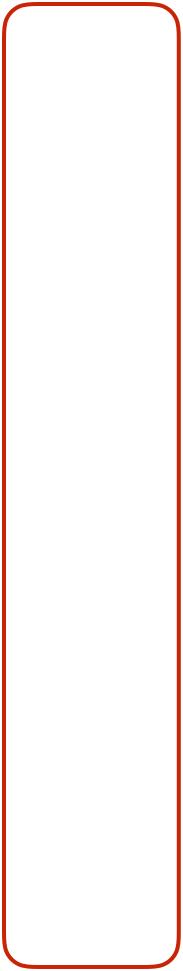
Category	Mating	Frequency	E[AA]	E[AB]	E[BB]
Selfed (s)	AA x AA	sP	sP		
	AB x AB	sQ	sQ/4	sQ/2	sQ/4
	BB x BB	sR			sR
Outcross (1-s)	AA x AA	(1-s)P ²	(1-s)P ²		
	AA x AB	(1-s)2PQ	(1-s)PQ	(1-s)PQ	
	AA x BB	(1-s)2PR		(1-s)2PR	
	AB x AB	$(1-s)Q^2$	(1-s)Q ² /4	$(1-s)Q^2/2$	(1-s)Q ² /4
	AB x BB	(1-s)2QR		(1-s)QR	(1-s)QR
	BB x BB	(1-s)R ²			(1-s)R ²



Category	Mating	Frequency	E[AA]	E[AB]	E[BB]
Selfed (s)	$AA \times AA$	sP	sP		
	AB x AB	sQ	sQ/4	sQ/2	sQ/4
	BB x BB	sR			sR
Outcross (1-s)	$AA \times AA$	(1-s)P ²	(1-s)P ²		
	AA x AB	(1-s)2PQ	(1-s)PQ	(1-s)PQ	
	AA x BB	(1-s)2PR		(1-s)2PR	
	AB x AB	(1-s)Q ²	(1-s)Q ² /4	(1-s)Q ² /2	(1-s)Q ² /4
	AB x BB	(1-s)2QR		(1-s)QR	(1-s)QR
	BB x BB	(1-s)R ²			(1-s)R ²

$$E[AA]_{t+1} = sP_t + s\frac{Q_t}{4} + (1-s)P_t^2 + (1-s)P_tQ_t + (1-s)\frac{Q_t^2}{4}$$
$$= \cdots$$

$$= s \left[P_t + \frac{Q_t}{4} \right] + (1-s)p_t^2$$

$$E[AB]_{t+1} = s\frac{Q_t}{2} + (1-s)2p_tq_t$$

$$E[BB]_{t+1} = s \left[R_t + \frac{Q_t}{4} \right] + (1-s)q_t^2$$