$$4 f^{2} - \frac{2 f}{7} + \frac{1}{49}$$

$$4 f^{2} + \frac{4 f}{7} + \frac{1}{49}$$

$$4 f^{2} - \frac{4 f}{7} + \frac{1}{49}$$

$$4 f^2 + \frac{2 f}{7} - \frac{1}{49}$$

 $= 4 f^2 - \frac{4 f}{7} + \frac{1}{49}$ 

 $(2 f - \frac{1}{7})^2 = (2 f)^2 - 2(2 f)(\frac{1}{7}) + (\frac{1}{7})^2)$ 

$$\frac{47}{7} + \frac{1}{49}$$
 $\frac{2f}{7} - \frac{1}{49}$