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			Waste CO ₂	Waste H ₂ O	
Stage	Starting Reactant(s)	End Product(s)	How Many?	How Many?	Important Intermediates
1.					
2.					
۷.					
3.					
4					
4.					
Summary					

	Number of ATP		Number of NAD / NADH		Number of FAD / FADH ₂	
Stage	How Many	How Made?	NAD ⁺ reduced	NADH oxidized	FAD reduced to	FADH ₂ oxidized
	Made?		to NADH	to NAD ⁺	$FADH_2$	to FAD
1.						
2.						
3.						
4.						

Stage	Oxidized Compound(s)	Reduced Compound(s)	Location in the Cell
1.			
2.			
3.			
4.			