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| Construction Cost Estimate Worksheet | | | | |
|---|------|--------------------|--------------|-----------------------|
| Applicant Name | | Project Name | | |
| 125 Fountain Avenue, L.P. | | Liberty Apartments | | |
| Trade/Item | Unit | Quantity | Unit Cost | Total |
| Division 1: General Requirements | | | | |
| 1 Mobilization | LS | | \$20,000.00 | \$20,000.00 |
| 2 Temporary facilities | LS | | \$30,000.00 | \$30,000.00 |
| 3 Sidewalk Bridge Safety | LS | 1 | \$90,000.00 | \$90,000.00 |
| 4 Dumpsters | EA | 85 | \$1,100.00 | \$93,500.00 |
| 5 Engineering and Testing | LS | 1 | \$75,000.00 | \$75,000.00 |
| 6 Plans and Specs | LS | 1 | \$15,000.00 | \$15,000.00 |
| 7 General Labor | LS | | \$80,500.00 | \$80,500.00 |
| 8 | | | | \$0.00 |
| 9 | | | | \$0.00 |
| 10 | | | | \$0.00 |
| Division 1 Total | | | | \$404,000.00 |
| Division 2: Sitework | | | | |
| 1 Surveying | LS | 1 | \$15,000.00 | \$15,000.00 |
| 2 Clear and grub/stratage | LS | 2 | \$15,000.00 | \$30,000.00 |
| 3 Excavation obstructions | CV | 3964 | \$50.00 | \$198,200.00 |
| 4 Shoring shoring engineer | LS | 775 | \$40.00 | \$31,000.00 |
| 5 Backfilling Misc Machine days | Days | 25 | \$1,500.00 | \$37,500.00 |
| 6 Plantings | EA | 90 | \$383.00 | \$34,470.00 |
| 7 Paving Pavers/fencing curbs | | | \$110,878.00 | \$110,878.00 |
| 8 Sidewalk with removal | | 88 | \$68.00 | \$5,984.00 |
| 9 Site furnishings play equipment/safety surface | | | \$54,500.00 | \$54,500.00 |
| 10 | | | | \$0.00 |
| Division 2 Total | | | | \$600,000.00 |
| Division 3: Concrete | | | | |
| 1 Perimeter walls | CV | 145 | \$551.00 | \$79,795.00 |
| 2 Interior Walls | CV | 85 | \$550.00 | \$46,750.00 |
| 3 Perimeter and interior footings/stairs/misc. footings | CV | 414 | \$400.00 | \$165,600.00 |
| 4 Misc. Concrete/ret slab | CV | 36 | \$400.00 | \$14,400.00 |
| 5 Precast Concrete Plans | SF | 4918 | \$15.00 | \$73,770.00 |
| 6 Precast stairs | PLY | 7 | \$5,000.00 | \$35,000.00 |
| 7 Edge steps | SF | 5112 | \$4.50 | \$23,004.00 |
| 8 Rebar | LS | 36953 | \$1.50 | \$55,429.50 |
| 9 Pump days | EA | 10 | \$1,750.00 | \$17,500.00 |
| 10 | | | | \$0.00 |
| Division 3 Total | | | | \$1,201,153.50 |
| Division 4: Masonry | | | | |
| 1 Interior CMU Block | SF | 9482 | \$14.00 | \$132,748.00 |
| 2 Exterior Block and Brick | SF | 17420 | \$31.00 | \$540,020.00 |
| 3 Precast lintels, sills and bands | LF | 2488 | \$35.00 | \$87,080.00 |
| 4 Grouting | SF | 7073 | \$3.00 | \$21,219.00 |
| 5 Parapets | LF | 275 | \$130.00 | \$35,750.00 |
| 6 Flashing/Scaffold Installation | LS | 1 | \$24,500.00 | \$24,500.00 |
| 7 Washdown | LS | 21613 | \$1.50 | \$32,419.50 |
| 8 | | | | \$0.00 |
| 9 | | | | \$0.00 |
| 10 | | | | \$0.00 |
| Division 4 Total | | | | \$912,736.70 |

DBT CHEAT SHEET

How to use these skills:

- Awareness
- Acceptance
- Action

Mindfulness

- How skills:
- One-mindfully
 - Non-judgmentally
 - Effective

What skills:

- Observe
- Describe

Emotion Regulation

- P & L Physical illness (treat)
- Eating (balance)
- Altering drugs (avoid mood-altering drugs)
- Sleep (balance)
- Exercise (get)

build M A S T E R Y

- Mindful to emotion
- Act opposite to emotion
- Self-validation

Validate

- Imagine
- Take small steps
- Applaud yourself
- Lighten your load
- Sweeten the pot

Setting Goals

- Specific
- Meaningful
- Achievable
- Recordable
- Timeline plan

Relapse Prevention

1. THINKING DIALECTICALLY:

Maintain openness to contradictory and/or polarized thoughts and points of view. Blend these thoughts into a "truth" which best explains reality at the moment.

2. WISE MIND:

Emotional mind is the feelings mind. Reason mind is the factual/knowledge mind. Wise mind is when they work together with intuition.

Name: _____

Read a Recipe

Directions: Read the recipe below. Rewrite the recipe adding in exact measurements and changing some ingredients to personalize it.

Breakfast Casserole

Ingredients: frozen hash browns, 9-12 eggs, milk, slices of ham, shredded taco cheese, broccoli, salt, pepper

layer the frozen hash browns in a casserole dish, add salt & pepper.
beat the eggs together with a little milk until scrambled, pour over hash browns
layer ham slices, then cheese, over eggs
sprinkle with sliced broccoli
Cook in 400° oven for 45 minutes, or until set
Let sit to firm. Then serve.



Name: _____

Match and Color

Directions: Look in each row. Color in each square if it is in the row that matches the words.

| | | | | | |
|------------|--|--|--|--|--|
| Dairy | | | | | |
| Grains | | | | | |
| Fruits | | | | | |
| Vegetables | | | | | |
| Meats | | | | | |

Nutritional Facts

Serving Size

Amount Per Serving

Calories

Calories from Fat

% Daily Value*

Total Fat

Saturated Fat

Trans Fat

Cholesterol

Sodium

Total Carbohydrate

Dietary Fiber

Sugars

Protein

Vitamin A

Vitamin C

Vitamin D

Calcium

Iron

*Percent Daily Values (DV) are based on a -calorie diet.

Nutrition worksheets for adults. Nutrition worksheet class 9 icse. Nutrition worksheets middle school. Nutrition worksheet grade 5. Nutrition worksheets for high school. Nutrition worksheet pdf. Nutrition worksheets for kids. Nutrition worksheets.

The nutrition questionnaire is used for multiple purposes: - Producing the nutrition of the baseline, the knowledge of the feeding of tracking to the time is obligatory for an intervention Supplementation, to live the coverage of college feedback programs, or live the prevalence of anemia during a population. When planning a nutritional research, it is vital obviously to outline the research objectives and therefore the kind of information, then. In NDEX 1: Step 1: Outlining the search goals and modules to use before selecting the models to be used á €

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