

(Trim off....)

Note: If you are using the spreadsheet, you can Do THINGS! Enter a year in A3 (or 1st cell to left of first 1234, 1234, 1234... line) and instantly the others should be numbered too. For someone born, say, 1982, you would put 1980 in A3. If you are working with the .pdf, you'll have to do it by hand.