A. Find a list of nuclides with dominant β^- and β^+ decays of C, Na, F, P, Ga, I, Re, Lu, Y and Sr with $t_{1/2}$ between 1min – 10days (a couple of nuclides per element)

B. For each list the $t_{1/2}$, the endpoint EP and the projected range in water at $E_e = EP/2$