

# $^{158}\text{Nd} \rightarrow ^{158}\text{Pm}$

	(49)	5/2-		(49)	
		3/2-	(31)	5/2-	
(30)					
$Z = 60$		$N = 98$		$Z = 61$	$N = 97$

# $^{159}\text{Nd} \rightarrow ^{159}\text{Pm}$

	(50)	1/2-		(50)	
		5/2-	(31)	5/2-	
(30)		3/2-			
$Z = 60$		$N = 99$		$Z = 61$	$N = 98$