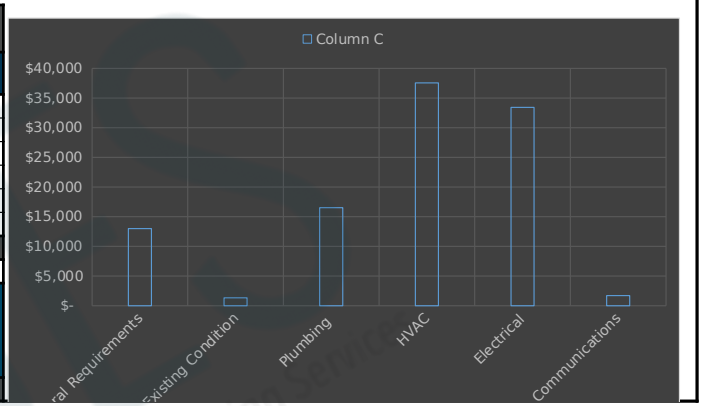
GENERAL SUMMARY

Prepared for: The Little GYM Tenant Improvement Building For New Franchisee Store, Monarch Apartments 3710 S. Angeline ST. Seattle, WA 98118

Project ID: 3032026
Scope: MEP
Date: 10/07/26

NEDES
National Estimating, Drafting & Engineering Services
+1 (708) 381-0900

BUILDING GSF	**471**		
1st Floor (SF)	**471**		
DIVISION NO	**DESCRIPTION**	**TOTAL DIV. COST**	**TOTAL DIV. COST (PER SF)**
1000	General Requirements	$ 13,000	$ 27.60
2000	Existing Condition	$ 1,329	$ 2.82
22000	Plumbing	$ 16,519	$ 35.07
23000	HVAC	$ 37,553	$ 79.73
26000	Electrical	$ 33,424	$ 70.96
27000	Communications	$ 1,708	$ 3.63
TOTAL TRADE COST		**$ 103,534**	**$ 219.82**
OVERHEAD AND PROFIT	**15%**	$ 15,530	$ 32.97
INSURANCE	**3%**	$ 3,106	$ 6.59
CONTINGENCY	**5%**	$ 5,177	$ 10.99
TAX	**10.55%**	$ 4,171	$ 8.86
SUGGESTED BID		**$ 131,517**	**$ 279.23**



DETAILED BREAKDOWN OF ITEMS

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SR #	Drawing #	Detail #	DESCRIPTION	UNIT	QUANTITY	WASTAGE	QUANTITY W/ WASTAGE	UNIT MANHOUR	HOURLY WAGE	LABOR COST	MAT. COST	UNIT COST	SUB COST
			GENERAL REQUIREMENTS										
1			Permits	LS	1	0%	1	0.000	$ -	$ -	$ -	$ -	$ -
2			Supervision and Coordination	LS	1	0%	1	0.000	$ -	$ -	$ -	$ 5,000.00	$ 5,000.00
3			Submittals and Shop drawings	LS	1	0%	1	0.000	$ -	$ -	$ -	$ -	$ -
4			Final Cleaning	LS	1	0%	1	0.000	$ -	$ -	$ -	$ 1,000.00	$ 1,000.00
5			Mobilization Costs	LS	1	0%	1	0.000	$ -	$ -	$ -	$ 4,000.00	$ 4,000.00
6			Temporary Control & Facilities	LS	1	0%	1	0.000	$ -	$ -	$ -	$ 3,000.00	$ 3,000.00
7			Scaffolding	LS	1	0%	1	0.000	$ -	$ -	$ -	$ -	$ -
												SUBTOTAL	**$ 13,000**
			EXISTING CONDITIONS										
			DEMOLITION										
8			Existing Water Valve To Be Removed With All Associated Accessories	EA	2	0%	2	0.400	$ 100.00	$ 40.00	$ -	$ 40.00	$ 80.00
9			Existing 4' LED Light Fixture To Be Removed	EA	14	0%	14	0.350	$ 100.00	$ 35.00	$ -	$ 35.00	$ 490.00
10			Existing GFCI Duplex Receptacle To Be Removed	EA	4	0%	4	0.160	$ 100.00	$ 16.00	$ -	$ 16.00	$ 64.00
11	E2		Existing Single Pole Switch To Be Removed	EA	3	0%	3	0.160	$ 100.00	$ 16.00	$ -	$ 16.00	$ 48.00
12			Existing 1-1/2" Dia Cold Water Pipe To Be Removed	LF	6	0%	6	0.062	$ 100.00	$ 6.20	$ -	$ 6.20	$ 37.20
13			Existing Electric Wall Heater Connection To Be Disconnected And Removed	EA	3	0%	3	1.500	$ 100.00	$ 150.00	$ -	$ 150.00	$ 450.00
			REINSTALLATION										
14			Existing Water Valve To Be Reinstalled	EA	2	0%	2	0.800	$ 100.00	$ 80.00	$ -	$ 80.00	$ 160.00
												SUBTOTAL	**$ 1,329**
			PLUMBING										
			COLD WATER PIPE (ABOVE GRADE)										
			Pex-A Pipe With Fittings										
15			1/2" Dia Cold Water Pipe	LF	32	10%	35	0.076	$ 100.00	$ 7.60	$ 1.00	$ 8.60	$ 301.87
16			3/4" Dia Cold Water Pipe	LF	8	10%	9	0.084	$ 100.00	$ 8.40	$ 1.32	$ 9.72	$ 88.21
		Assumed	**1" Thick, Fiberglass Pipe Insulation With 25 ASJ/SSL Foil/ Vinyl Jacket Or Equal**										
17			1/2" Dia Cold Water Pipe	LF	32	10%	35	0.046	$ 100.00	$ 4.60	$ 2.55	$ 7.15	$ 250.97
18			3/4" Dia Cold Water Pipe	LF	8	10%	9	0.052	$ 100.00	$ 5.20	$ 2.80	$ 8.00	$ 72.60
			COLD WATER PIPE FITTINGS										
			ELBOW										
19			1/2" Dia Cold Water Pipe 90 Deg Elbow	EA	7	0%	7	0.250	$ 100.00	$ 25.00	$ 1.74	$ 26.74	$ 187.18
20			3/4" Dia Cold Water Pipe 90 Deg Elbow	EA	1	0%	1	0.300	$ 100.00	$ 30.00	$ 2.20	$ 32.20	$ 32.20
			TEE										
21			3/4" Dia Cold Water Pipe Tee	EA	1	0%	1	0.350	$ 100.00	$ 35.00	$ 2.85	$ 37.85	$ 37.85
22			3/4" / 1/2" Dia Cold Water Pipe Tee	EA	3	0%	3	0.350	$ 100.00	$ 35.00	$ 2.53	$ 37.53	$ 112.59
			REDUCER										
23			3/4" / 1/2" Dia Cold Water Pipe Reducer	EA	1	0%	1	0.280	$ 100.00	$ 28.00	$ 1.55	$ 29.55	$ 29.55
			HOT WATER PIPE (ABOVE GRADE)										
			Pex-A Pipe With Fittings										
24			1/2" Dia Hot Water Pipe	LF	28	10%	30	0.076	$ 100.00	$ 7.60	$ 1.00	$ 8.60	$ 261.76
			1" Thick, Fiberglass Pipe Insulation With 25 ASJ/SSL Foil/ Vinyl Jacket Or Equal										
25			1/2" Dia Hot Water Pipe	LF	28	10%	30	0.046	$ 100.00	$ 4.60	$ 2.55	$ 7.15	$ 217.62
			HOT WATER PIPE FITTINGS										
			ELBOW										
26			1/2" Dia Hot Water Pipe 90 Deg Elbow	EA	6	0%	6	0.250	$ 100.00	$ 25.00	$ 1.74	$ 26.74	$ 160.44
			TEE										
27			1/2" Dia Hot Water Pipe Tee	EA	1	0%	1	0.350	$ 100.00	$ 35.00	$ 2.85	$ 37.85	$ 37.85
			SEWER PIPE (BELOW GRADE)										
			Schedule 40 PVC Pipe With Fittings										
28			1-1/2" Dia Sewer Pipe	LF	3	10%	4	0.100	$ 100.00	$ 10.00	$ 2.25	$ 12.25	$ 47.03
29			2" Dia Sewer Pipe	LF	8	10%	8	0.120	$ 100.00	$ 12.00	$ 3.25	$ 15.25	$ 127.15
30			3" Dia Sewer Pipe	LF	8	10%	9	0.140	$ 100.00	$ 14.00	$ 4.85	$ 18.85	$ 166.50
			SEWER PIPE FITTINGS										
			ELBOW										
31			1-1/2" Dia Sewer Pipe 45 Deg Elbow	EA	1	0%	1	0.350	$ 100.00	$ 35.00	$ 4.50	$ 39.50	$ 39.50
32			2" Dia Sewer Pipe 45 Deg Elbow	EA	3	0%	3	0.500	$ 100.00	$ 50.00	$ 6.50	$ 56.50	$ 169.50
33			1-1/2" Dia Sewer Pipe 90 Deg Elbow	EA	1	0%	1	0.380	$ 100.00	$ 38.00	$ 4.25	$ 42.25	$ 42.25
34			2" Dia Sewer Pipe 90 Deg Elbow	EA	2	0%	2	0.560	$ 100.00	$ 56.00	$ 6.14	$ 62.14	$ 124.28
			WYE										
35			3" / 2" Dia Sewer Pipe Wye	EA	2	0%	2	0.800	$ 100.00	$ 80.00	$ 38.50	$ 118.50	$ 237.00
			REDUCER										
36			3" / 1-1/2" Dia Sewer Pipe Reducer	EA	1	0%	1	0.500	$ 100.00	$ 50.00	$ 21.50	$ 71.50	$ 71.50
			SEWER PIPE (ABOVE GRADE)										
		Hub And Spigot Type As	**Hub And Spigot, Cast Iron Pipe With Fittings**										
37			1-1/2" Dia Sewer Pipe	LF	3	10%	3	0.140	$ 100.00	$ 14.00	$ 10.50	$ 24.50	$ 80.85
38			2" Dia Sewer Pipe	LF	5	10%	6	0.160	$ 100.00	$ 16.00	$ 14.50	$ 30.50	$ 168.42
			SEWER PIPE FITTINGS										
			WYE										
39			2" Dia Sewer Pipe Wye Combination	EA	2	0%	2	0.750	$ 100.00	$ 75.00	$ 31.36	$ 106.36	$ 212.72
40			1-1/2" Dia Sewer Pipe Wye Combination	EA	1	0%	1	0.620	$ 100.00	$ 62.00	$ 29.85	$ 91.85	$ 91.85
			REDUCER										
41			2" / 1-1/2" Dia Sewer Pipe Reducer	EA	2	0%	2	0.650	$ 100.00	$ 65.00	$ 25.50	$ 90.50	$ 181.00
	P1		**VENT PIPE (ABOVE GRADE)**										
			Hub And Spigot, Cast Iron Pipe With Fittings										
42			1-1/2" Dia Vent Pipe	LF	43	10%	47	0.140	$ 100.00	$ 14.00	$ 10.50	$ 24.50	$ 1,161.01
			VENT PIPE FITTINGS										
			ELBOW										
43			1-1/2" Dia Vent Pipe 90 Deg Elbow	EA	4	0%	4	0.580	$ 100.00	$ 58.00	$ 28.50	$ 86.50	$ 346.00
			TEE										
44			1-1/2" Dia Vent Pipe Tee	EA	2	0%	2	0.620	$ 100.00	$ 62.00	$ 29.85	$ 91.85	$ 183.70
			PLUMBING FIXTURES										
45			F-1: Single Compartment Sink Drop-In, ELKAY #LRADQ-2219, Stainless Steel,	EA	1	0%	1	4.500	$ 100.00	$ 450.00	$ 1,712.15	$ 2,162.15	$ 2,162.15
46			F-2: Single Compartment Floor Mounted Utility Sink, Public MUSTEE 19F, 24	EA	1	0%	1	3.500	$ 100.00	$ 350.00	$ 244.07	$ 594.07	$ 594.07
47			F-3, Dual Level Water Cooler, ELKAY EZH20LZWSSM, ADA Compliant, Public	EA	1	0%	1	3.850	$ 100.00	$ 385.00	$ 2,552.96	$ 2,937.96	$ 2,937.96
			WATER HEATER										
48			W-1: Water Heater, A.O SMITH ECJ-10, 10 Gallon Storage Capacity, 1500 Watt,	EA	1	0%	1	6.000	$ 100.00	$ 600.00	$ 1,050.00	$ 1,650.00	$ 1,650.00
			WATER HEATER DETAIL										
49			1/2" Dia Union	EA	3	0%	3	0.200	$ 100.00	$ 20.00	$ 11.68	$ 31.68	$ 95.04
50			1/2" Dia Shutoff Valve	EA	2	0%	2	0.300	$ 100.00	$ 30.00	$ 26.12	$ 56.12	$ 112.24
51			1/2" Dia Vacuum Relief Valve	EA	1	0%	1	0.350	$ 100.00	$ 35.00	$ 66.19	$ 101.19	$ 101.19
52			1/2" Dia Check Valve, 1/8" Hole Thru Check Valve Clapper	EA	1	0%	1	0.400	$ 100.00	$ 40.00	$ 37.90	$ 77.90	$ 77.90
53		Size Assumed	3/4" Dia Temperature And Pressure Relief Valve	EA	1	0%	1	0.500	$ 100.00	$ 50.00	$ 184.64	$ 234.64	$ 234.64
54		Size Assumed	1" Dia Drain Valve W/ Hose Connection And Required Air Gap	EA	1	0%	1	0.560	$ 100.00	$ 56.00	$ 41.40	$ 97.40	$ 97.40
55			1/8"x1" Straps To Wall	EA	2	0%	2	0.250	$ 100.00	$ 25.00	$ 8.30	$ 33.30	$ 66.60
56			Angle Iron Framing And Wall Bracket	EA	1	0%	1	1.000	$ 100.00	$ 100.00	$ 150.50	$ 250.50	$ 250.50
57			Expansion Tank, AMTROL ST-5, Tank Volume 2.0 Gallon, Acceptance 0.9 Gallor	EA	1	0%	1	1.500	$ 100.00	$ 150.00	$ 107.00	$ 257.00	$ 257.00
58			Galvanized Steel Drain Pan By Mechanical Contractor	EA	1	0%	1	0.650	$ 100.00	$ 65.00	$ 111.50	$ 176.50	$ 176.50
			MISCELLANEOUS										
			VALVES										
59		Assumed	1/2" Dia Ball Valve	EA	5	0%	5	0.350	$ 100.00	$ 35.00	$ 18.50	$ 53.50	$ 267.50
			ACCESS PANEL										
60		Assumed	12"x12" Access Panel	EA	1	0%	1	1.000	$ 100.00	$ 100.00	$ 53.50	$ 153.50	$ 153.50
			PVC COUPLING										
61			1-1/2" Dia	EA	1	0%	1						
62			2" Dia	EA	1	0%	1						
63			3" Dia	EA	1	0%	1						
			GASKETS										
64			1-1/2" Dia	EA	26	0%	26						
65			2" Dia	EA	13	0%	13						
			PIPE SUPPORT										
66			1/2" Dia Adjustable Clevis Hanger	EA	59	0%	59						
67			3/4" Dia Adjustable Clevis Hanger	EA	8	0%	8						

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68			1-1/2" Dia Adjustable Clevis Hanger	EA	46	0%	46						
69			2" Dia Adjustable Clevis Hanger	EA	5	0%	5						
70			3/8" Dia Threaded Rod (1 Ea. = 1 FT)	EA	113	0%	113	0.120	$ 100.00	$ 12.00	$ 1.50	$ 13.50	$ 1,525.50
71			1/2" Dia Threaded Rod (1 Ea. = 1 FT)	EA	5	0%	5	0.160	$ 100.00	$ 16.00	$ 2.25	$ 18.25	$ 91.25
			TRENCHING & BACKFILLING										
72			Excavation & Backfilling (3' Deep x 1' Wide Trench) Including All Labor and Material/Equipment	CLF	57	0%	57	0.075	$ 100.00	$ 7.50	$ -	$ 7.50	$ 427.50
												SUBTOTAL	$ 16,519
			HVAC										
			FLEXIBLE DUCT										
			Therma flex Type MKE										
73			10" Dia Flexible Duct	LF	31	10%	34	0.160	$ 100.00	$ 16.00	$ 5.50	$ 21.50	$ 723.45
			Vapor Proof Jacket Insulation										
74			10" Dia Flexible Duct	LF	31	10%	34	0.100	$ 100.00	$ 10.00	$ 4.32	$ 14.32	$ 481.85
			CONDENSATE DRAIN PIPE										
		Assumed	**Type "M" Copper Tubing With Fittings**										
75		**Pipe Size Assumed**	3/4" Condensate Drain Pipe	LF	211	10%	232	0.099	$ 100.00	$ 9.90	$ 4.40	$ 14.30	$ 3,316.36
		Assumed	**1/2" Thick Armaflex Pipe Insulation**										
76			3/4" Condensate Drain Pipe	LF	211	10%	232	0.060	$ 100.00	$ 6.00	$ 2.50	$ 8.50	$ 1,971.26
			CONDENSATE DRAIN FITTINGS										
			ELBOW										
77		**Size Assumed**	3/4" Dia Condensate Drain Pipe Elbow 90 Deg	EA	9	0%	9	0.316	$ 100.00	$ 31.58	$ 5.40	$ 36.98	$ 332.78
			REFRIGERANT PIPE										
		Assumed	**Copper Type "L" Copper Tubing With Fittings**										
78			3/8" Dia Refrigerant Liquid Pipe	LF	30	10%	33	0.084	$ 100.00	$ 8.40	$ 3.76	$ 12.16	$ 401.28
79			7/8" Dia Refrigerant Suction Pipe	LF	30	10%	33	0.105	$ 100.00	$ 10.50	$ 6.50	$ 17.00	$ 561.00
		Assumed	**1/2" Thick Closed Cell Elastomeric Pipe Insulation**										
80			3/8" Dia Refrigerant Liquid Pipe	LF	30	10%	33	0.056	$ 100.00	$ 5.60	$ 2.10	$ 7.70	$ 254.10
81			7/8" Dia Refrigerant Suction Pipe	LF	30	10%	33	0.062	$ 100.00	$ 6.20	$ 2.85	$ 9.05	$ 298.65
			CONDENSATE DRAIN FITTINGS										
			ELBOW										
82		**Assumed**	3/8" Dia Refrigerant Liquid Pipe 90 Deg Elbow	EA	9	0%	9	0.160	$ 100.00	$ 16.00	$ 5.25	$ 21.25	$ 191.25
83		**Assumed**	7/8" Dia Refrigerant Suction Pipe 90 Deg Elbow	EA	9	0%	9	0.200	$ 100.00	$ 20.00	$ 8.50	$ 28.50	$ 256.50
			AIR DEVICES										
84			D-1, TITUS #TMS-3, Face Size: 24"X24", Neck Size: 10" Dia, 250 CFM1. CEILI	EA	8	0%	8	0.650	$ 100.00	$ 65.00	$ 132.50	$ 197.50	$ 1,580.00
85			G-1, TITUS #50F-3, Face Size: 24"X24", Neck Size: 16"X12"1. RETURN GRILI	EA	2	0%	2	0.650	$ 100.00	$ 65.00	$ 132.50	$ 197.50	$ 395.00
86	**M1**		G-2, TITUS #300F, Face Size: 36"X14", Neck Size: 24"X12" 1. TRANSFER GRILLE WITH 1-1/4" OVERLAP MARGIN AND OPPOSED BLADE DAMPER.	EA	1	0%	1	1.000	$ 100.00	$ 100.00	$ 185.50	$ 285.50	$ 285.50
87			R-1, TITUS #300R, Face Size: 10"X6", 150 CFM1. EXHAUST REGISTER WITI	EA	2	0%	2	0.400	$ 100.00	$ 40.00	$ 42.50	$ 82.50	$ 165.00
88			R-1, TITUS #300R, Face Size: 12"X8", 280 CFM1. EXHAUST REGISTER WITI	EA	6	0%	6	0.500	$ 100.00	$ 50.00	$ 56.50	$ 106.50	$ 639.00
89			R-1, TITUS #300R, Face Size: 12"X8", 330 CFM1. EXHAUST REGISTER WITI	EA	6	0%	6	0.500	$ 100.00	$ 50.00	$ 56.50	$ 106.50	$ 639.00
			EQUIPMENTS										
90		**Furnished & Installed By Landlord**	AH-1, TRAN FAN COIL #5TAM5D07AC51SA, Tonnage: 5, Volt / P: 208 / 1, #5	EA	1	0%	1	0.000	$ 100.00	$ -	$ -	$ -	$ -
91			AH-2, TRAN FAN COIL #5TAM5D07AC51SA, Tonnage: 5, Volt / P: 208 / 1, #5	EA	1	0%	1	0.000	$ 100.00	$ -	$ -	$ -	$ -
92			AH-3, TRAN FAN COIL #5TAM5D07AC51SA, Tonnage: 5, Volt / P: 208 / 1, #5	EA	1	0%	1	0.000	$ 100.00	$ -	$ -	$ -	$ -
			EXHAUST FAN										
93			E-1, PANASONIC #FV-0511VF1, CFM: 80, Motor HP: 18W, Fan RPM: 1200, V	EA	1	0%	1	1.650	$ 100.00	$ 165.00	$ 185.50	$ 350.50	$ 350.50
			DAMPERS										
94			10: Dia Manual Dial Volume Damper	EA	9	0%	9	1.500	$ 100.00	$ 150.00	$ 150.50	$ 300.50	$ 2,704.50
			DUCT WEIGHT										
95			Galvanized Sheet Metal Duct	LB	1000	10%	1100	0.092	$ 100.00	$ 9.20	$ 0.92	$ 10.12	$ 11,132.00
			DUCT INSULATION										
96		**Assumed**	1" Thick Elastomeric Rubber Insulation	SF	665	10%	732	0.025	$ 100.00	$ 2.50	$ 5.00	$ 7.50	$ 5,486.25
			LINER DUCT INSULATION										
97		**Assumed**	1" Thick Glass Wool Duct Liner Insulation	SF	176	10%	194	0.025	$ 100.00	$ 2.50	$ 1.58	$ 4.08	$ 788.92
			PIPE SUPPORTS										
98			1/2" Dia Adjustable Clevis Hanger	EA	27	0%	27						
99			3/8" Dia Threaded Rod (1 Ea. = 1 FT)	EA	271	0%	271	0.120	$ 100.00	$ 12.00	$ 1.50	$ 13.50	$ 3,658.50
			DUCT SUPPORTS										
100			3/8" Threaded Rod	EA	42	0%	42	0.120	$ 100.00	$ 12.00	$ 1.50	$ 13.50	$ 567.00
101			1" x 22 Ga. Strap	EA	21	0%	21	0.160	$ 100.00	$ 16.00	$ 1.85	$ 17.85	$ 373.07
												SUBTOTAL	$ 37,553
			ELECTRICAL										
			DISTRIBUTION										
			CIRCUIT BREAKER										
102			1P/20A Breaker	EA	13	0%	13	0.400	$ 100.00	$ 40.00	$ 33.00	$ 73.00	$ 949.00
103			2P/30A Breaker	EA	1	0%	1	0.500	$ 100.00	$ 50.00	$ 59.00	$ 109.00	$ 109.00
104			3P/200 MCB	EA	1	0%	1	1.000	$ 100.00	$ 100.00	$ 650.00	$ 750.00	$ 750.00
			PANEL										
			As Per Responsibility Schedule, Electrical Panel Is Only Furnsihed By Landlord & Installed By Tenant'S Gc, But On Plan It Is Mentioned That It Is Furnished And Installed By Landlord. Kindly Verify										
105		**Furnished & Installed By Landlord**	Panel P1: 200A, 120/208V, 3Ph, 4W, Mains: MCB, 42 Poles, Surface Mounted	EA	1	0%	1	0.000	$ 100.00	$ -	$ -	$ -	$ -
			GROUNDING										
106			1/4" x 4" x 12" Ground Bus Bar	EA	1	0%	1	1.250	$ 100.00	$ 125.00	$ 228.00	$ 353.00	$ 353.00
			POWER										
			CONDUIT										
107			3/4" EMT Conduit	LF	354	10%	389	0.060	$ 100.00	$ 6.00	$ 1.96	$ 7.96	$ 3,099.62
			CONDUCTOR										
108			3#12 MC Cable	LF	301	10%	331	0.027	$ 100.00	$ 2.70	$ 1.69	$ 4.39	$ 1,453.53
109			#12 CU THHN/THWN	LF	1004	10%	1104	0.007	$ 100.00	$ 0.70	$ 0.25	$ 0.95	$ 1,049.18
110			#10 CU THHN/THWN	LF	20	10%	22	0.008	$ 100.00	$ 0.80	$ 0.38	$ 1.18	$ 25.96
111			#8 CU THHN/THWN	LF	39	10%	43	0.009	$ 100.00	$ 0.90	$ 0.56	$ 1.46	$ 62.63
			DEVICE										
112		**Rating Assumed For Panel**	2P/30A Equipment Connection	EA	1	0%	1	1.000	$ 100.00	$ 100.00	$ -	$ 100.00	$ 100.00
113			Duplex Receptacle	EA	14	0%	14	0.300	$ 100.00	$ 30.00	$ 32.50	$ 62.50	$ 875.00
114			Duplex Receptacle Above Counter	EA	2	0%	2	0.300	$ 100.00	$ 30.00	$ 32.50	$ 62.50	$ 125.00
115			Duplex Receptacle, Ceiling Mounted	EA	4	0%	4	0.400	$ 100.00	$ 40.00	$ 32.50	$ 72.50	$ 290.00
116			Fourplex Receptacle	EA	2	0%	2	0.450	$ 100.00	$ 45.00	$ 62.50	$ 107.50	$ 215.00
117			GFCI Duplex Receptacle Above Counter	EA	4	0%	4	0.300	$ 100.00	$ 30.00	$ 38.50	$ 68.50	$ 274.00
118			GFCI Fourplex Receptacle	EA	2	0%	2	0.500	$ 100.00	$ 50.00	$ 66.50	$ 116.50	$ 233.00
			LIGHTING										
			CONDUIT										
119			3/4" EMT Conduit	LF	60	10%	66	0.060	$ 100.00	$ 6.00	$ 1.96	$ 7.96	$ 525.36
			CONDUCTOR										
120			3#12 MC Cable	LF	528	10%	581	0.027	$ 100.00	$ 2.70	$ 1.69	$ 4.39	$ 2,549.71
121			#12 CU THHN/THWN	LF	179	10%	197	0.007	$ 100.00	$ 0.70	$ 0.25	$ 0.95	$ 186.88
	E3 & E4		**LIGHTING FIXTURES**										
122			FP: 2x2 Recessed Architectural Volumetric Troffer, Frosted Acrylic Lens, DLC Rated, Selectable CCT, Selectable Lumens, Max Depth 0'-4", ORACLE (ELITE LIGHTING) OEVHP-LED SERIES 15 COLUMBIA CCL-LSCC SERIES DAY-BRITE FLUX GRID SERIES METALUX CZS SERIES TESHE WILLIAMS LT SERIES LSI LPEC SERIES Mounting: Recessed Watts: 29W	EA	15	0%	15	1.000	$ 100.00	$ 100.00	$ 220.00	$ 320.00	$ 4,800.00
123			FP-EM: 2x2 Recessed Architectural Volumetric Troffer, Frosted Acrylic Lens, DLC Rated, Selectable CCT, Selectable Lumens, Max Depth 0'-4", ORACLE (ELITE LIGHTING) OEVHP-LED SERIES 15 COLUMBIA CCL-LSCC SERIES DAY-BRITE FLUX GRID SERIES METALUX CZS SERIES TESHE WILLIAMS LT SERIES LSI LPEC SERIES Mounting: Recessed Watts: 29W	EA	4	0%	4	1.250	$ 100.00	$ 125.00	$ 298.50	$ 423.50	$ 1,694.00
124			P: Pendant Architectural Fixture, Type V Wide Distribution, Diffused Lens, Up Light, Custom Pendant Length By E.C Mount Fixture Just Below Existing Plumbing, NLS LIGHTING ORX-2-T5W-32L-1-40K8-UNV-PMX-xx-0-10V-xx-DPCL-UP LIGHT Mounting: Pendant Watts: 105W	EA	13	0%	13	1.500	$ 100.00	$ 150.00	$ 356.50	$ 506.50	$ 6,584.50
125			P-EM: Pendant Architectural Fixture, Type V Wide Distribution, Diffused Lens, Up Light, 8watt Emergency Battery Backup, Custom Pendant Length By E.C Mount Fixture Just Below Existing Plumbing, NLS LIGHTING ORX-2-T5W-32L-1-40K8-UNV-PMX-xx-0-10V-xx-EMB -DPCL-UP LIGHT Mounting: Pendant Watts: 105W	EA	3	0%	3	2.000	$ 100.00	$ 200.00	$ 434.50	$ 634.50	$ 1,903.50
126		**Furnished & Installed By Landlord**	RC: 6" Non IC Rated Can, Aluminum Reflector, Wide Distribution, Selectable CCT, Selectable Lumens, Energy Star Rated, Assembled In The USA, MAXI LUME BY ELITE HH6 SERIES (OR APPROVED EQUAL) Mounting: Recessed Watts: 12W	EA	2	0%	2	0.000	$ 100.00	$ -	$ -	$ -	$ -
127			S4-EX: 4' Lensed Strip Fixture, Existing Strip Reused From Demo Mounting: Surface Watts: 40W	EA	5	0%	5	1.000	$ 100.00	$ 100.00	$ 110.50	$ 210.50	$ 1,052.50

DETAILED BREAKDOWN OF ITEMS

Prepared for: The Little GYM Tenant Improvement Building For New Franchisee Store, Monarch Apartments 3710 S. Angeline ST. Seattle, WA 98118
Project ID: 3032026
Scope: MEP

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National Estimating, Drafting & Engineering Services
+1 (708) 381-0900

Date: 10/07/26

SR #	Drawing #	Detail #	DESCRIPTION	UNIT	QUANTITY	WASTAGE	QUANTITY W/ WASTAGE	UNIT MANHOUR	HOURLY WAGE	LABOR COST	MAT. COST	UNIT COST	SUB COST
128			X: Thermoplastic Exit Sign/Emergency Light, Pure Lead 6V Battery Red Letters, '	EA	2	0%	2	1.000	$ 100.00	$ 100.00	$ 238.50	$ 338.50	$ 677.00
			LIGHTING CONTROL										
129			Light Level Sensor, Ceiling Mounted	EA	3	0%	3	0.750	$ 100.00	$ 75.00	$ 181.00	$ 256.00	$ 768.00
130			Occupancy Sensor, Ceiling Mounted	EA	3	0%	3	0.500	$ 100.00	$ 50.00	$ 130.11	$ 180.11	$ 540.33
131			Single Pole Dimmer Switch	EA	6	0%	6	0.500	$ 100.00	$ 50.00	$ 19.88	$ 69.88	$ 419.28
132			Single Pole Occupancy Sensor Switch	EA	4	0%	4	0.500	$ 100.00	$ 50.00	$ 59.98	$ 109.98	$ 439.92
133			Time Clock, TORK DG100A 356/7-Day	EA	2	0%	2	1.500	$ 100.00	$ 150.00	$ 455.00	$ 605.00	$ 1,210.00
			MISCELLANEOUS										
134			Junction Box For Exterior Sign, Wall Mounted	EA	2	0%	2	0.300	$ 100.00	$ 30.00	$ 24.50	$ 54.50	$ 109.00
												SUBTOTAL	**$ 33,424**
			COMMUNICATION										
			TELECOMMUNICATION										
			CONDUIT										
135			3/4" EMT Conduit (Up To Ceiling)	LF	30	10%	33	0.062	$ 100.00	$ 6.20	$ 1.96	$ 8.16	$ 269.35
			CONDUCTOR										
136			CAT 6 Cable	LF	197	10%	217	0.025	$ 100.00	$ 2.50	$ 0.32	$ 2.82	$ 612.33
			DEVICES										
137	E3		IT Cabinet	EA	1	0%	1	1.250	$ 100.00	$ 125.00	$ 300.00	$ 425.00	$ 425.00
138			IT Plywood Backboard	EA	1	0%	1	0.350	$ 100.00	$ 35.00	$ 32.00	$ 67.00	$ 67.00
139			Tele/Data Outlet	EA	2	0%	2	0.220	$ 100.00	$ 22.00	$ 11.53	$ 33.53	$ 67.06
140			RJ45 Connector	EA	4	0%	4	0.100	$ 100.00	$ 10.00	$ 0.92	$ 10.92	$ 43.68
141			Back Box	EA	2	0%	2	0.200	$ 100.00	$ 20.00	$ 7.78	$ 27.78	$ 55.56
142			Face Plate	EA	2	0%	2	0.160	$ 100.00	$ 16.00	$ 7.50	$ 23.50	$ 47.00
			J-HOOK										
143			J-Hook	EA	9	0%	9	0.100	$ 100.00	$ 10.00	$ 3.50	$ 13.50	$ 121.50
												SUBTOTAL	**$ 1,708**

	PROJECTED COST	**$103,534**
OVERHEAD AND PROFIT	**15%**	**$15,530**
INSURANCE	**3%**	**$3,106**
CONTINGENCY	**5%**	**$5,177**
TAX	**10.55%**	**$4,171**
SUGGESTED BID		**$131,517**

Notes:
1. Online sources are used for pricing.
2. Prices can vary depending upon field conditions.

BREAKDOWN OF DUCT ITEMS

Prepared for: The Little GYM Tenant Improvement Building For New Franchisee Store, Monarch Apartments 3710 S. A
Project ID: 3032026
Scope: MEP

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Date: 7-Oct-26

SR #	DESCRIPTION	UNIT	QUANTITY	WASTAGE	QUANTITY W/ WASTAGE
	HVAC				
	GALVANIZED SHEET METAL DUCT				
1	8" Dia Supply Air Duct	LF	9	10%	10
2	10" Dia Supply Air Duct	LF	39	10%	43
3	12" Dia Supply Air Duct	LF	44	10%	48
4	14" Dia Supply Air Duct	LF	27	10%	30
5	16" Dia Supply Air Duct	LF	19	10%	21
6	18" Dia Supply Air Duct	LF	12	10%	13
7	16"X20" Supply Air Duct	LF	15	10%	16
8	24"X20" Supply Air Duct (Lined)	LF	11	10%	12
9	28"X24" Supply Air Duct (Lined)	LF	11	10%	12
10	16"X12" Rerurn Air Duct	LF	8	10%	8
11	24"X12" Tranfer Air Duct	LF	3	10%	3
12	36"X14" Tranfer Air Duct	LF	3	10%	3
13	4" Dia Exhaust Air Duct	LF	9	10%	10

MATRIAL LIST

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SR #	Drawing #	Detail #	DESCRIPTION	UNIT	QUANTITY
			PLUMBING		
			COLD WATER PIPE (ABOVE GRADE) (Cut Length = 10 FT)		
			Pex-A Pipe With Fittings		
1			1/2" Dia Cold Water Pipe	EA	3
2			3/4" Dia Cold Water Pipe	EA	1
		Assumed	**1" Thick, Fiberglass Pipe Insulation With 25 ASJ/SSL Foil/ Vinyl Jacket Or Equal**		
3			1/2" Dia Cold Water Pipe	EA	3
4			3/4" Dia Cold Water Pipe	EA	1
			COLD WATER PIPE FITTINGS		
			ELBOW		
5			1/2" Dia Cold Water Pipe 90 Deg Elbow	EA	7
6			3/4" Dia Cold Water Pipe 90 Deg Elbow	EA	1
			TEE		
7			3/4" Dia Cold Water Pipe Tee	EA	1
8			3/4" / 1/2" Dia Cold Water Pipe Tee	EA	3
			REDUCER		
9			3/4" / 1/2" Dia Cold Water Pipe Reducer	EA	1
			HOT WATER PIPE (ABOVE GRADE) (Cut Length = 10 FT)		
			Pex-A Pipe With Fittings		
10			1/2" Dia Hot Water Pipe	EA	3
			1" Thick, Fiberglass Pipe Insulation With 25 ASJ/SSL Foil/ Vinyl Jacket Or Equal		
11			1/2" Dia Hot Water Pipe	EA	3
			HOT WATER PIPE FITTINGS		
			ELBOW		
12			1/2" Dia Hot Water Pipe 90 Deg Elbow	EA	6
			TEE		
13			1/2" Dia Hot Water Pipe Tee	EA	1
			SEWER PIPE (BELOW GRADE) (Cut Length = 10 FT)		
			Schedule 40 PVC Pipe With Fittings		
14			1-1/2" Dia Sewer Pipe	EA	1
15			2" Dia Sewer Pipe	EA	1
16			3" Dia Sewer Pipe	EA	1
			SEWER PIPE FITTINGS		
			ELBOW		
17			1-1/2" Dia Sewer Pipe 45 Deg Elbow	EA	1
18			2" Dia Sewer Pipe 45 Deg Elbow	EA	3
19			1-1/2" Dia Sewer Pipe 90 Deg Elbow	EA	1
20			2" Dia Sewer Pipe 90 Deg Elbow	EA	2
			WYE		
21			3" / 2" Dia Sewer Pipe Wye	EA	2
			REDUCER		
22			3" / 1-1/2" Dia Sewer Pipe Reducer	EA	1
			SEWER PIPE (ABOVE GRADE) (Cut Length = 10 FT)		
		Hub And Spigot Type	**Hub And Spigot, Cast Iron Pipe With Fittings**		
23			1-1/2" Dia Sewer Pipe	EA	1
24			2" Dia Sewer Pipe	EA	1
			SEWER PIPE FITTINGS		
			WYE		
25			2" Dia Sewer Pipe Wye Combination	EA	2
26			1-1/2" Dia Sewer Pipe Wye Combination	EA	1
			REDUCER		
27	**P1**		2" / 1-1/2" Dia Sewer Pipe Reducer	EA	2
			VENT PIPE (ABOVE GRADE) (Cut Length = 10 FT)		
			Hub And Spigot, Cast Iron Pipe With Fittings		
28			1-1/2" Dia Vent Pipe	EA	4
			VENT PIPE FITTINGS		
			ELBOW		
29			1-1/2" Dia Vent Pipe 90 Deg Elbow	EA	4
			TEE		
30			1-1/2" Dia Vent Pipe Tee	EA	2

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SR #	Drawing #	Detail #	DESCRIPTION	UNIT	QUANTITY
			PLUMBING FIXTURES		
31			F-1: Single Compartment Sink Drop-In, ELKAY #LRADQ-2219, Stainless Steel,	EA	1
32			F2: Single Compartment Floor Mounted Utility Sink, Public MUSTEE 19F, 24	EA	1
33			F-3, Dual Level Water Cooler, ELKAY EZH20LZWSSM, ADA Compliant, Publi	EA	1
			WATER HEATER		
34			W-1: Water Heater, A.O SMITH ECJ-10, 10 Gallon Storage Capacity, 1500 Watt,	EA	1
			WATER HEATER DETAIL		
35			1/2" Dia Union	EA	3
36			1/2" Dia Shutoff Valve	EA	2
37			1/2" Dia Vacuum Relief Valve	EA	1
38			1/2" Dia Check Valve, 1/8" Hole Thru Check Valve Clapper	EA	1
39		**Size Assumed**	3/4" Dia Temperature And Pressure Relief Valve	EA	1
40		**Size Assumed**	1" Dia Drain Valve W/ Hose Connection And Required Air Gap	EA	1
41			1/8"x1" Straps To Wall	EA	2
42			Angle Iron Framing And Wall Bracket	EA	1
43			Expansion Tank, AMTROL ST-5, Tank Volume 2.0 Gallon, Acceptance 0.9 Gallo	EA	1
44			Galvanized Steel Drain Pan By Mechanical Contractor	EA	1
			MISCELLANEOUS		
			VALVES		
45		**Assumed**	1/2" Dia Ball Valve	EA	5
			ACCESS PANEL		
46		**Assumed**	12"x12" Access Panel	EA	1
			PVC COUPLING		
47			1-1/2" Dia	EA	1
48			2" Dia	EA	1
49			3" Dia	EA	1
			GASKETS		
50			1-1/2" Dia	EA	26
51			2" Dia	EA	13
			PIPE SUPPORT		
52			1/2" Dia Adjustable Clevis Hanger	EA	59
53			3/4" Dia Adjustable Clevis Hanger	EA	8
54			1-1/2" Dia Adjustable Clevis Hanger	EA	46
55			2" Dia Adjustable Clevis Hanger	EA	5
56			3/8" Dia Threaded Rod (1 Ea. = 1 FT)	EA	113
57			1/2" Dia Threaded Rod (1 Ea. = 1 FT)	EA	5
			TRENCHING & BACKFILLING		
58			Excavation & Backfilling (3' Deep x 1' Wide Trench) Including All Labor and Mat	CEA	57
			HVAC		
			FLEXIBLE DUCT (Cut Length = 10 FT)		
			Therma flex Type MKE		
59			10" Dia Flexible Duct	EA	3
			Vapor Proof Jacket Insulation		
60			10" Dia Flexible Duct	EA	3
			CONDENSATE DRAIN PIPE (Cut Length = 10 FT)		
		Assumed	**Type "M" Copper Tubing With Fittings**		
61		**Pipe Size Assumed**	3/4" Condensate Drain Pipe	EA	21
		Assumed	**1/2" Thick Armaflex Pipe Insulation**		
62			3/4" Condensate Drain Pipe	EA	21
			CONDENSATE DRAIN FITTINGS		
			ELBOW		
63		**Size Assumed**	3/4" Dia Condensate Drain Pipe Elbow 90 Deg	EA	9
			REFRIGERANT PIPE (Cut Length = 10 FT)		
		Assumed	**Copper Type "L" Copper Tubing With Fittings**		
64			3/8" Dia Refrigerant Liquid Pipe	EA	3
65			7/8" Dia Refrigerant Suction Pipe	EA	3
		Assumed	**1/2" Thick Closed Cell Elastomeric Pipe Insulation**		
66			3/8" Dia Refrigerant Liquid Pipe	EA	3
67			7/8" Dia Refrigerant Suction Pipe	EA	3
			CONDENSATE DRAIN FITTINGS		
			ELBOW		
68		**Assumed**	3/8" Dia Refrigerant Liquid Pipe 90 Deg Elbow	EA	9
69		**Assumed**	7/8" Dia Refrigerant Suction Pipe 90 Deg Elbow	EA	9
			AIR DEVICES		
70			D-1, TITUS #TMS-3, Face Size: 24"X24", Neck Size: 10" Dia, 250 CFM1. CEILI	EA	8

MATRIAL LIST

Prepared for: The Little GYM Tenent Improvement Building For New Franchisee Store, Monarch Apartments 3710 S. Angeline ST. Seattle, WA
Project ID: 3032026
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Date: 7-Oct-26

SR #	Drawing #	Detail #	DESCRIPTION	UNIT	QUANTITY
71	M1		G-1, TITUS #50F-3, Face Size: 24"X24", Neck Size: 16"X12"1. RETURN GRILL	EA	2
72			G-2, TITUS #300F, Face Size: 36"X14", Neck Size: 24"X12"1. TRANSFER GRI	EA	1
73			R-1, TITUS #300R, Face Size: 10"X6", 150 CFM1. EXHAUST REGISTER WITH	EA	2
74			R-1, TITUS #300R, Face Size: 12"X8", 280 CFM1. EXHAUST REGISTER WITH	EA	6
75			R-1, TITUS #300R, Face Size: 12"X8", 330 CFM1. EXHAUST REGISTER WITH	EA	6
			EQUIPMENTS		
76			AH-1, TRAN FAN COIL #5TAM5D07AC51SA, Tonnage: 5, Volt / P: 208 / 1, #5	EA	1
77			AH-2, TRAN FAN COIL #5TAM5D07AC51SA, Tonnage: 5, Volt / P: 208 / 1, #5	EA	1
78			AH-3, TRAN FAN COIL #5TAM5D07AC51SA, Tonnage: 5, Volt / P: 208 / 1, #5	EA	1
			EXHAUST FAN		
79			E-1, PANASONIC #FV-0511VF1, CFM: 80, Motor HP: 18W, Fan RPM: 1200, V	EA	1
			DAMPERS		
80			10: Dia Manual Dial Volume Damper	EA	9
			DUCT WEIGHT		
81			Galvanized Sheet Metal Duct	LB	1000
			DUCT INSULATION		
82		**Assumed**	1" Thick Elastomeric Rubber Insulation	SF	665
			LINER DUCT INSULATION		
83		**Assumed**	1" Thick Glass Wool Duct Liner Insulation	SF	176
			PIPE SUPPORTS		
84			1/2" Dia Adjustable Clevis Hanger	EA	27
85			3/8" Dia Threaded Rod (1 Ea. = 1 FT)	EA	271
			DUCT SUPPORTS		
86			3/8" Threaded Rod	EA	42
87			1" x 22 Ga. Strap	EA	21
			ELECTRICAL		
			DISTRIBUTION		
			CIRCUIT BREAKER		
88			1P/20A Breaker	EA	13
89			2P/30A Breaker	EA	1
90			3P/200 MCB	EA	1
			PANEL		
			As Per Responsibility Schedule, Electrical Panel Is Only Furnsihed By Landlord & Installed By Tenant'S Gc, But On Plan It Is Mentioned That It Is Furnished And Installed By Landlord. Kindly Verify		
91		**Furnished & Installed By Landlord**	Panel P1: 200A, 120/208V, 3Ph, 4W, Mains: MCB, 42 Poles, Surface Mounted	EA	1
			GROUNDING		
92			1/4" x 4" x 12" Ground Bus Bar	EA	1
			POWER		
			CONDUIT (Cut Length = 10 FT)		
93			3/4" EMT Conduit	EA	35
			CONDUCTOR (1 Roll = 200 LF)		
94			3#12 MC Cable	ROLL	2
95			#12 CU THHN/THWN	ROLL	5
96			#10 CU THHN/THWN	ROLL	1
97			#8 CU THHN/THWN	ROLL	1
			DEVICE		
98		**Rating Assumed For Panel**	2P/30A Equipment Connection	EA	1
99			Duplex Receptacle	EA	14
100	E3 & E4		Duplex Receptacle Above Counter	EA	2
101			Duplex Receptacle, Ceiling Mounted	EA	4
102			Fourplex Receptacle	EA	2
103			GFCI Duplex Receptacle Above Counter	EA	4
104			GFCI Fourplex Receptacle	EA	2
			LIGHTING		
			CONDUIT (Cut Length = 10 FT)		
105			3/4" EMT Conduit	EA	6
			CONDUCTOR (1 Roll = 200 LF)		
106			3#12 MC Cable	ROLL	3
107			#12 CU THHN/THWN	ROLL	1
			LIGHTING FIXTURES		
108			FP: 2x2 Recessed Architectural Volumetric Troffer, Frosted Acrylic Lens, DLC Ra	EA	15
109			FP-EM: 2x2 Recessed Architectural Volumetric Troffer, Frosted Acrylic Lens, DL	EA	4

MATRIAL LIST

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Project ID: 3032026
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Date: 7-Oct-26

SR #	Drawing #	Detail #	DESCRIPTION	UNIT	QUANTITY
110			P: Pendant Architectural Fixture, Type V Wide Distribution, Diffused Lens, Up Li	EA	13
111			P-EM: Pendant Architectural Fixture, Type V Wide Distribution, Diffused Lens, U	EA	3
112		**By Landlord**	RC: 6" Non IC Rated Can, Aluminum Reflector, Wide Distribution, Selectable CC	EA	2
113			S4-EX: 4' Lensed Strip Fixture, Existing Strip Reused From Demo Mounting: Surf	EA	5
114			X: Thermoplastic Exit Sign/Emergency Light, Pure Lead 6V Battery Red Letters,	EA	2
			LIGHTING CONTROL		
115			Light Level Sensor, Ceiling Mounted	EA	3
116			Occupancy Sensor, Ceiling Mounted	EA	3
117			Single Pole Dimmer Switch	EA	6
118			Single Pole Occupancy Sensor Switch	EA	4
119			Time Clock, TORK DG100A 356/7-Day	EA	2
			MISCELLANEOUS		
120			Junction Box For Exterior Sign, Wall Mounted	EA	2
			COMMUNICATION		
			TELECOMMUNICATION		
			CONDUIT (Cut Length = 10 FT)		
121			3/4" EMT Conduit Up To Ceiling	EA	3
			CONDUCTOR (1 Roll = 200 LF)		
122			CAT 6 Cable	ROLL	1
			DEVICES		
123	**E3**		IT Cabinet	EA	1
124			IT Plywood Backboard	EA	1
125			Tele/Data Outlet	EA	2
126			RJ45 Connector	EA	4
127			Back Box	EA	2
128			Face Plate	EA	2
			J-HOOK		
129			J-Hook	EA	9