Table 'em, Graph 'em

$f(x) = x^2$			$g(x) = -2(x-3)^2 + 6$	
x	**y**		**x**	**y**
-3				
-2				
-1				
0				
1				
2				
3				
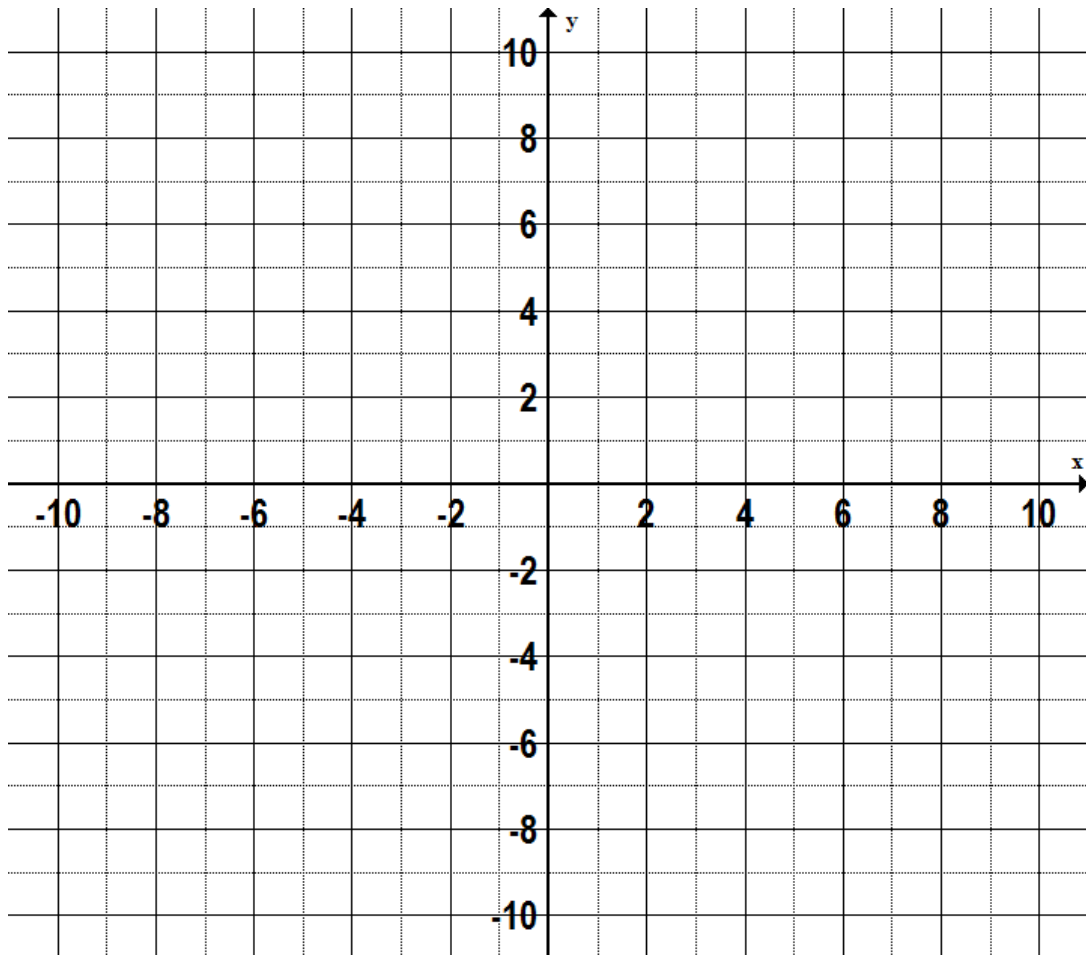
Describe the operations you need to apply to the x- and y-value of a point on f(x) to get to the corresponding point of g(x).