

θ	Constituent Knots	u	θ	Constituent Knots	u	θ	Constituent Knots	u
θ_{3_1}	$2x0_1$ 3_1	1	θ_{7_6}	$2x0_1$ 3_1	1	$\theta_{7_{36}}$	0_1 5_1 7_3	2
θ_{4_1}	$2x0_1$ 4_1	1	θ_{7_7}	$2x0_1$ 3_1	1	$\theta_{7_{37}}$	0_1 5_2 7_3	2
θ_{5_1}	$3x0_1$	1	θ_{7_8}	0_1 $2x3_1$	2	$\theta_{7_{38}}$	$2x0_1$ 7_4	2
θ_{5_2}	$2x0_1$ 3_1	1	θ_{7_9}	0_1 $2x3_1$	1	$\theta_{7_{39}}$	$2x0_1$ 7_4	2
θ_{5_3}	$2x0_1$ 5_1	2	$\theta_{7_{10}}$	0_1 $2x3_1$	2	$\theta_{7_{40}}$	0_1 3_1 7_4	2
θ_{5_4}	0_1 3_1 5_1	2	$\theta_{7_{11}}$	$2x0_1$ 5_2	1	$\theta_{7_{41}}$	0_1 3_1 7_4	2
θ_{5_5}	$2x0_1$ 5_2	1	$\theta_{7_{12}}$	$2x0_1$ 4_1	1	$\theta_{7_{42}}$	0_1 5_2 7_4	2
θ_{5_6}	$2x0_1$ 5_2	1	$\theta_{7_{13}}$	$2x0_1$ 4_1	1	$\theta_{7_{43}}$	$2x0_1$ 7_5	2
θ_{5_7}	0_1 3_1 5_2	1	$\theta_{7_{14}}$	0_1 $2x4_1$	1	$\theta_{7_{44}}$	$2x0_1$ 7_5	2
θ_{6_1}	$3x0_1$	1	$\theta_{7_{15}}$	$2x0_1$ 5_1	2	$\theta_{7_{45}}$	0_1 3_1 7_5	2
θ_{6_2}	$2x0_1$ 3_1	1	$\theta_{7_{16}}$	$2x0_1$ 5_1	2	$\theta_{7_{46}}$	0_1 3_1 7_5	2
θ_{6_3}	0_1 3_1 4_1	1	$\theta_{7_{17}}$	$2x0_1$ 5_1	2	$\theta_{7_{47}}$	0_1 3_1 7_5	2
θ_{6_4}	0_1 3_1 4_1	1	$\theta_{7_{18}}$	0_1 5_1 5_2	2	$\theta_{7_{48}}$	0_1 5_1 7_5	2
θ_{6_5}	$2x0_1$ 6_1	1	$\theta_{7_{19}}$	$2x0_1$ 5_2	1	$\theta_{7_{49}}$	0_1 5_2 7_5	2
θ_{6_6}	$2x0_1$ 6_1	1	$\theta_{7_{20}}$	$2x0_1$ 5_2	1	$\theta_{7_{50}}$	$2x0_1$ 7_6	1
θ_{6_7}	$2x0_1$ 6_1	1	$\theta_{7_{21}}$	$2x0_1$ 5_2	1	$\theta_{7_{51}}$	$2x0_1$ 7_6	1
θ_{6_8}	0_1 4_1 6_1	1	$\theta_{7_{22}}$	0_1 3_1 5_2	2	$\theta_{7_{52}}$	$2x0_1$ 7_6	1
θ_{6_9}	$2x0_1$ 6_2	1	$\theta_{7_{23}}$	0_1 4_1 5_2	2	$\theta_{7_{53}}$	$2x0_1$ 7_6	1
$\theta_{6_{10}}$	$2x0_1$ 6_2	1	$\theta_{7_{24}}$	0_1 4_1 5_2	2	$\theta_{7_{54}}$	$2x0_1$ 7_6	1
$\theta_{6_{11}}$	$2x0_1$ 6_2	1	$\theta_{7_{25}}$	$2x0_1$ 7_1	3	$\theta_{7_{55}}$	0_1 3_1 7_6	2
$\theta_{6_{12}}$	0_1 3_1 6_2	2	$\theta_{7_{26}}$	0_1 3_1 7_1	3	$\theta_{7_{56}}$	0_1 3_1 7_6	1
$\theta_{6_{13}}$	0_1 4_1 6_2	1	$\theta_{7_{27}}$	0_1 5_1 7_1	3	$\theta_{7_{57}}$	0_1 4_1 7_6	2
$\theta_{6_{14}}$	$2x0_1$ 6_3	1	$\theta_{7_{28}}$	$2x0_1$ 7_2	1	$\theta_{7_{58}}$	0_1 5_2 7_6	2
$\theta_{6_{15}}$	$2x0_1$ 6_3	1	$\theta_{7_{29}}$	$2x0_1$ 7_2	1	$\theta_{7_{59}}$	$2x0_1$ 7_7	1
$\theta_{6_{16}}$	0_1 3_1 6_3	1	$\theta_{7_{30}}$	$2x0_1$ 7_2	1	$\theta_{7_{60}}$	$2x0_1$ 7_7	1
θ_{7_1}	$3x0_1$	1	$\theta_{7_{31}}$	0_1 3_1 7_2	1	$\theta_{7_{61}}$	$2x0_1$ 7_7	1
θ_{7_2}	$3x0_1$	1	$\theta_{7_{32}}$	0_1 5_2 7_2	1	$\theta_{7_{62}}$	$2x0_1$ 7_7	1
θ_{7_3}	$3x0_1$	1	$\theta_{7_{33}}$	$2x0_1$ 7_3	2	$\theta_{7_{63}}$	$2x0_1$ 7_7	1
θ_{7_4}	$3x0_1$	1	$\theta_{7_{34}}$	$2x0_1$ 7_3	2	$\theta_{7_{64}}$	0_1 3_1 7_7	2
θ_{7_5}	$2x0_1$ 3_1	2	$\theta_{7_{35}}$	0_1 3_1 7_3	2	$\theta_{7_{65}}$	0_1 4_1 7_7	1

TABLE S1. Theta-curves, their constituent knots, and their unknotting numbers.

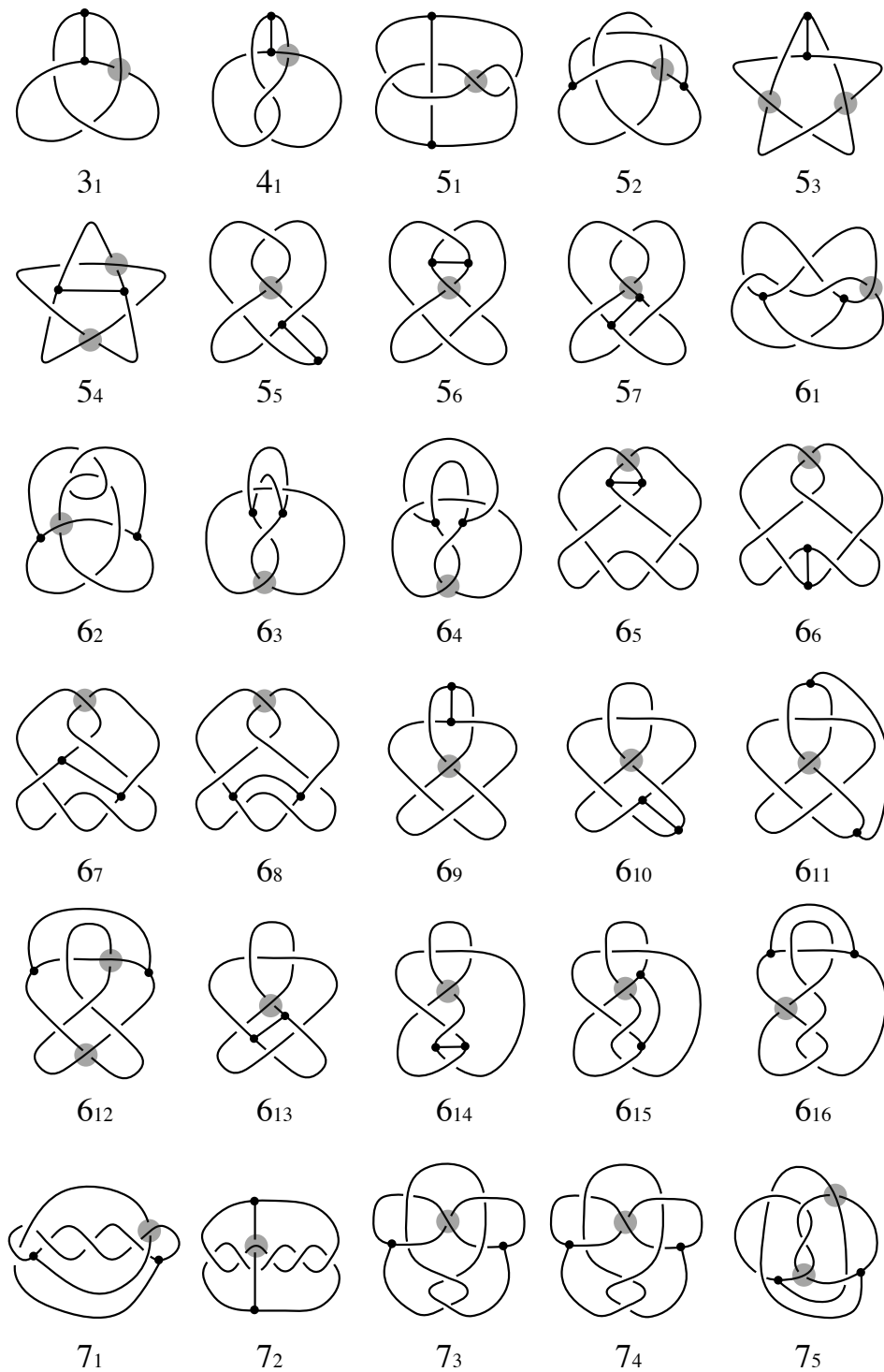


FIGURE S1. Theta-curves with their unknotting crossing changes shown in gray.

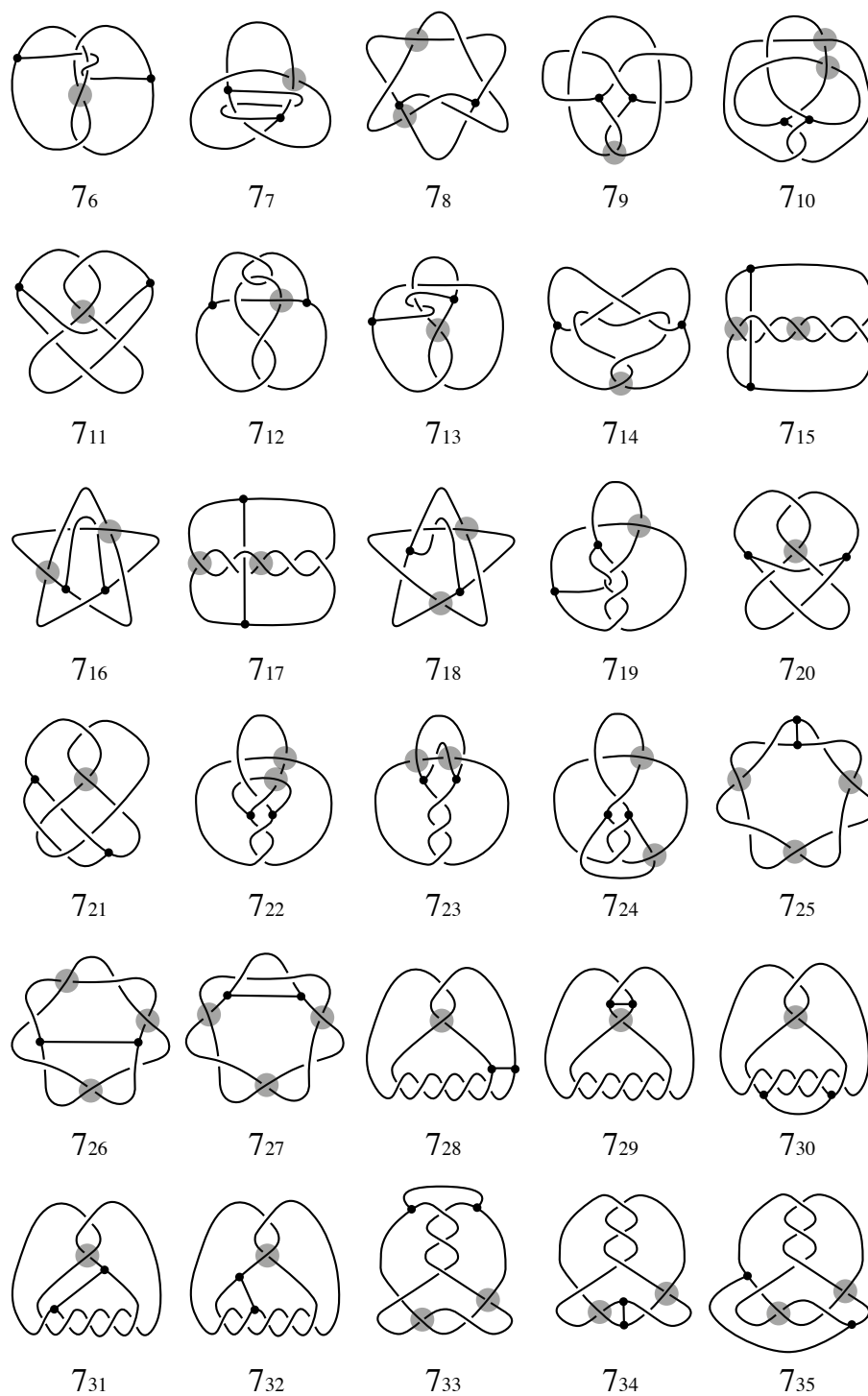


FIGURE S1. CONTINUED. θ -curves with their unknotting crossing changes shown in gray.

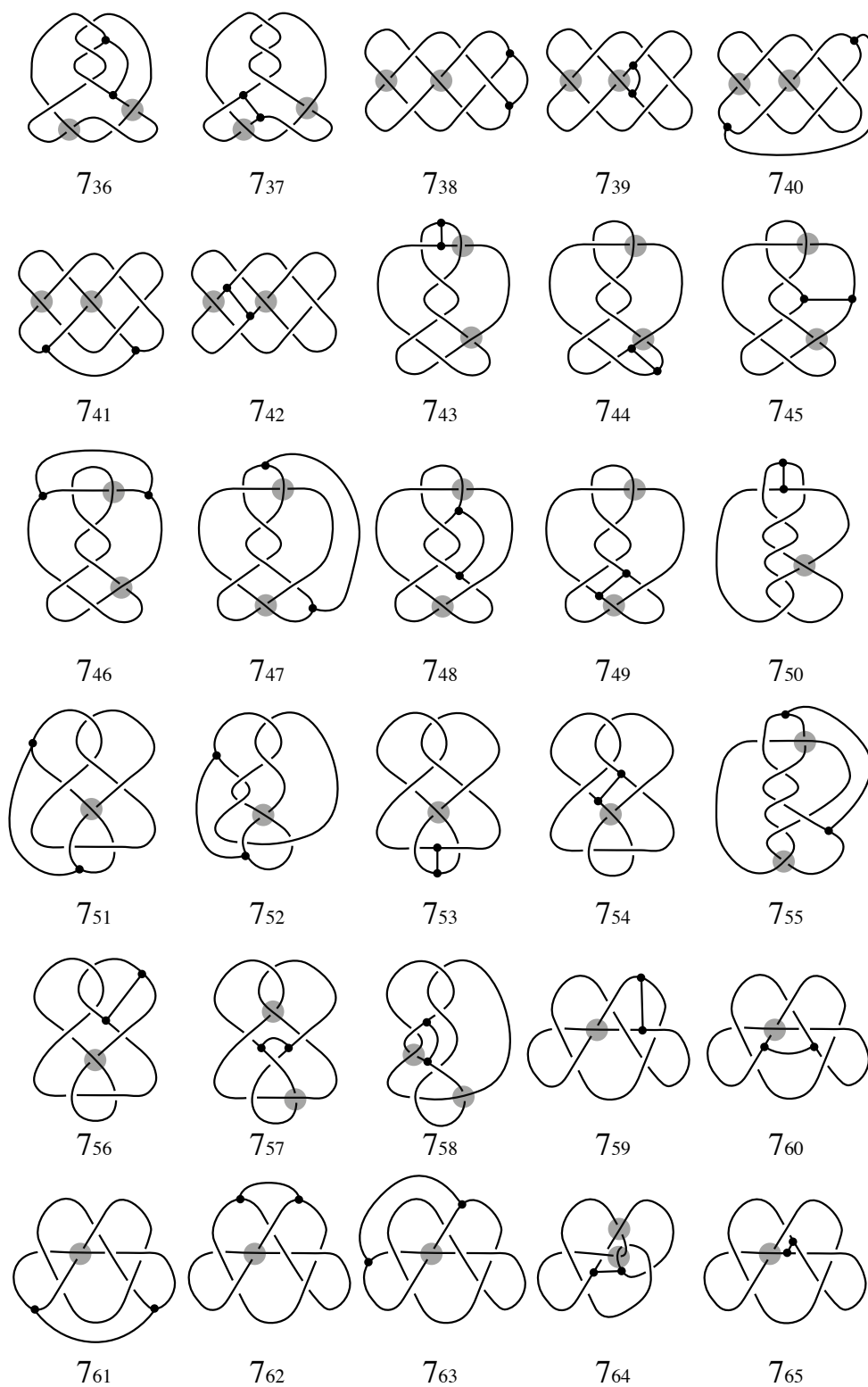


FIGURE S1. CONTINUED. θ -curves with their unknotting crossing changes shown in gray.