Fill in the Missing Elements in the Table

| Integer | One Less Than | One More Than |
|---------|---------------|---------------|
| -68 | | |
| 73 | | |
| -36 | | |
| 0 | | |
| 35 | | |
| 66 | | |
| 77 | | |
| 26 | | |
| 20 | | |
| 7 | | |
| 13 | | |
| 68 | | |
| 82 | | |
| -52 | | |
| 69 | | |
| -44 | | |