Prophase	Metaphase	Anaphase	Telophase	Cytokinesis	Interphase
			拉		
DNA and Protein condense to form chromosomes Nuclear membrane dissolves Centrioles move to opposite sides of cell Spindle fibers start forming	 Nuclear membrane dissolved Spindle fibers attach to chromosomes Chromosomes line up in the middle of the cell 	 Chromosomes split into chromatid Spindle fibers start pulling chromatid to opposite sides of the cell 	Spindle fibers start dissolving Nuclear membrane starts forming Chromatid start unraveling into DNA	 Cell membrane pinches off to form two new cells New cells are known as daughter cells 	 Cell spends most of its life in this stages Cell experiences growth, DNA duplication , and awaits mitosis