The Psalms were assigned to the various modes of St. Meinrad’s Psalm Tones based on the mood of the text. This is version 2, which has been arranged to assure that the same Psalm tones are not repeated during any given hour in the 4 week Psalter (but not necessarily on special days). 

Black numbers are the Psalms
Blue numbers are the sections within Psalm 119
Red numbers are the Psalm tone modes

Before you trim the panels, score along the vertical middle line for easy folding. If you are using a knife, the back of the blade (non-cutting edge) works well for this. Glue the back (a glue stick works well for this)
Then fold the two halves together to form a single card.
Then trim off the sides and discard these marginal notes.
This card will fit inside your copy of the Revised Grail Psalms.