Here are some fields:

Cut 1

Clip 1

Ambience 1

Reporter 1

Host 1

Music 1

SFX 1

Other 1

Yet another

1

If you copy and paste one of those lines multiple times throughout your document, they will be sequentially numbered, like so:

Ambience 2

Clip 2

Ambience 3

Music 2

Clip 3

Update the numbers by selecting everything (CTRL+A or CMD+A) and pressing F9

More information and support at: <https://trks.ac/t/auto-numbering-clips-in-microsoft-word/603>