

$$\begin{array}{ccccc}
 F(X) & \xrightarrow{F(f)} & F(Y) & \xrightarrow{F(g)} & F(Z) \\
 \alpha_X \downarrow & & \downarrow \alpha_Y & & \downarrow \alpha_Z \\
 G(X) & \xrightarrow{G(f)} & G(Y) & \xrightarrow{G(g)} & G(Z)
 \end{array}$$