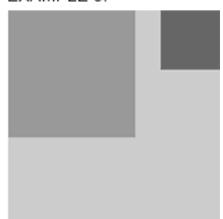






EXAMPLE 3.



State of Health	Fasting Value		After Eating	
	Minimum	Maximum	2 hours after eating	
Healthy	70	100	Less than 140	
Pre-Diabetes	101	126	140 to 200	
Diabetes	More than 126	N/A	More than 200	

Time Table							
	Mon	Tue	Wed	Thu	Fri		
Hours	Science	Maths	Science	Maths	Arts		
	Science	Maths	Science	Maths	Arts		
	LUNCH						
	Science	Maths	Science	Maths	Project		
	Science	Maths	Science	Maths			