

EXAMPLE 1.



EXAMPLE 2.



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