$$A(t) = A(0)\, e^{-t\left(\frac{ln2}{\tau}\right)}$$

$${}^{A}_{Z}\mathrm{X}_{N} \quad \rightarrow \quad {}^{A}_{Z-1}\mathrm{X}_{N+1}$$

- ${}^{18}_{9}\mathrm{F}_{9} \quad \rightarrow \quad {}^{18}_{8}\mathrm{O}_{10}$
- ${}^{15}_{8}\mathrm{O}_{7} \quad \rightarrow \quad {}^{15}_{7}\mathrm{N}_{8}$
- ${}^{11}_{6}\mathrm{C}_{5} \quad \rightarrow \quad {}^{11}_{5}\mathrm{B}_{6}$