$$\begin{array}{ccccccc}
X & \xrightarrow{\ f\ } & Y & \xrightarrow{\binom{0}{1}} & \mathrm{Cone}(f) & \xrightarrow{(1\ 0)} & \Sigma X \\
\alpha\downarrow & \boxed{K} & \downarrow\beta & \circlearrowleft & \gamma\big\downarrow & \circlearrowleft & \downarrow\Sigma\alpha \\
M & \xrightarrow{\ u\ } & N & \xrightarrow{\binom{0}{1}} & \mathrm{Cone}(u) & \xrightarrow{(1\ 0)} & \Sigma M
\end{array}$$