- 1. In the fed state (you've eaten 1-2 hours ago)
 - a. Is the [glucose] in your blood increasing or decreasing?
 - b. Is the [insulin] in your blood increasing or decreasing?
 - c. Is the [glucagon] in your blood increasing or decreasing?
 - d. Is the [cAMP] in your hepatocytes increasing or decreasing?
 - e. Is the activity of PP1 increasing or decreasing?
 - f. Is the activity of PKA increasing of decreasing?
 - g. Is the level of phosphorylation of hormonallyregulated metabolic enzyme increasing or decreasing?
- 2. In the fasting state (when you woke up this morning)
 - a. Is the [glucose] in your blood increasing or decreasing?
 - b. Is the [insulin] in your blood increasing or decreasing?
 - c. Is the [glucagon] in your blood increasing or decreasing?
 - d. Is the [cAMP] in your hepatocytes increasing or decreasing?
 - e. Is the activity of PP1 increasing or decreasing?
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