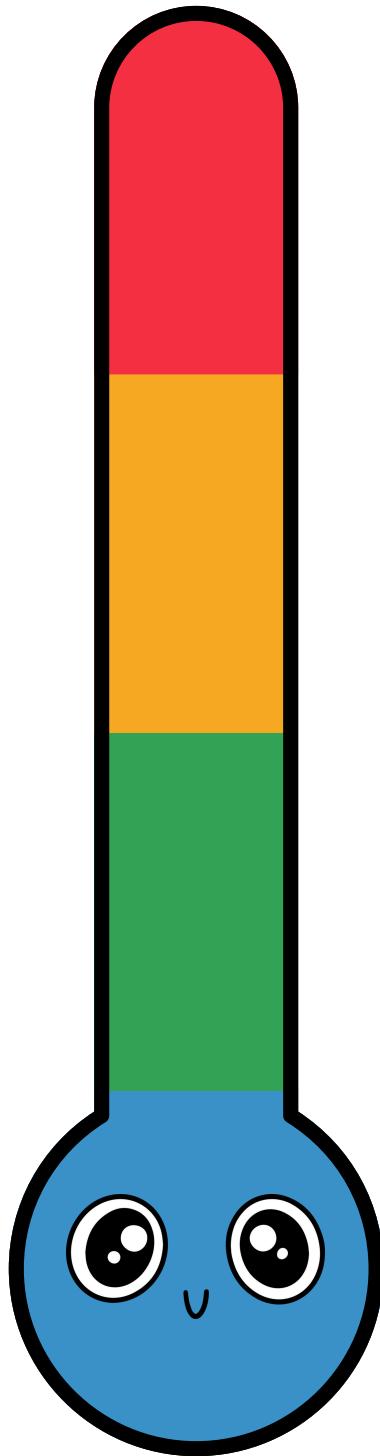


ZONE OF FEELINGS THERMOMETER

What happens in your body in each ZONE?



Red
TOO MUCH

Yellow
Uncomfortable

Green
All Good

MEH!
Too little