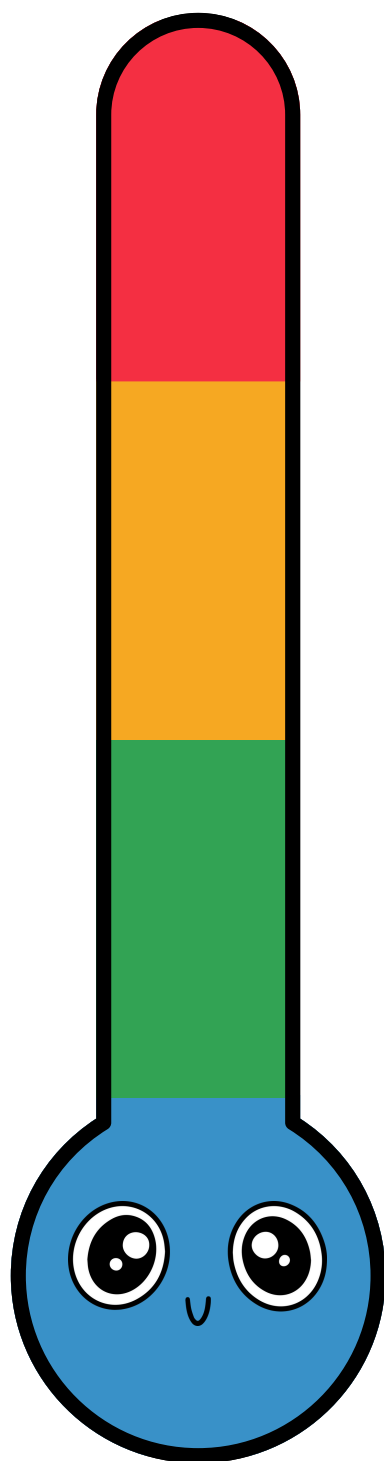


# ZONE OF FEELINGS THERMOMETER

What happens in your body in each ZONE?



Red  
TOO MUCH

Yellow  
Uncomfortable

Green  
All Good

MEH!  
Too little