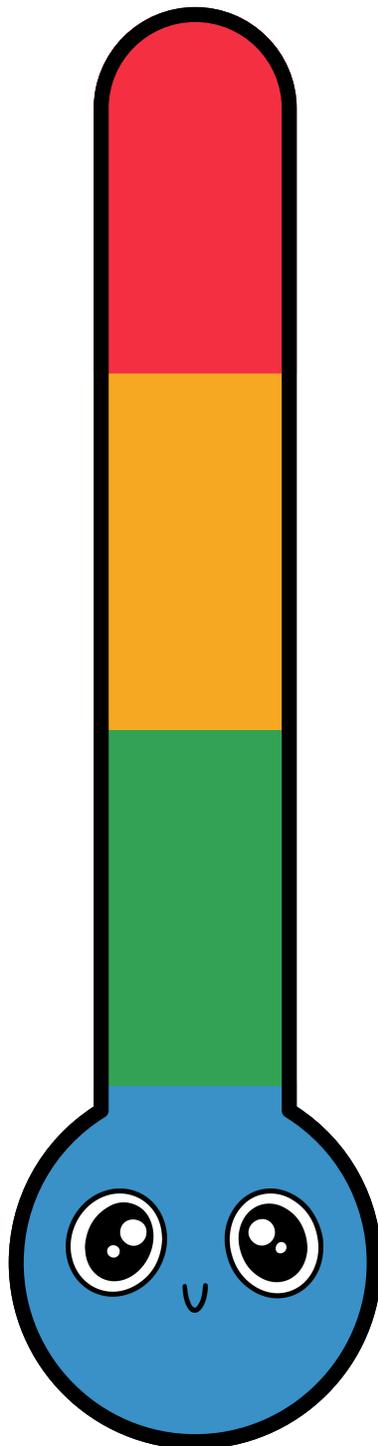


# ZONE OF FEELINGS THERMOMETER

What happens in your body in each ZONE?



Red  
TOO MUCH



Yellow  
Uncomfortable



Green  
All Good



MEH!  
Too little