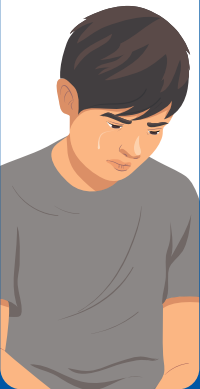


BLUE ZONE

Low levels of energy
and down feelings

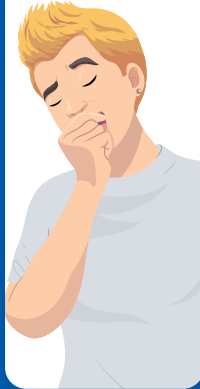
Sad



Bored



Tired



GREEN ZONE

Calm energy and a
sense of control

Calm



Focused



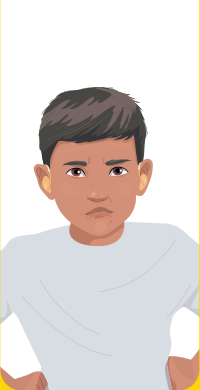
Happy



YELLOW ZONE

Higher energy and
stronger feelings

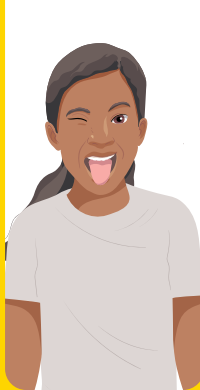
Frustrated



Worried



Silly



RED ZONE

Extremely high energy and
strongest feelings

Mad/Angry



Out of
Control



Overjoyed



All the Zones are OK!