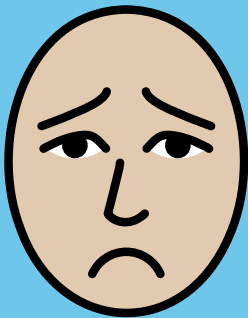
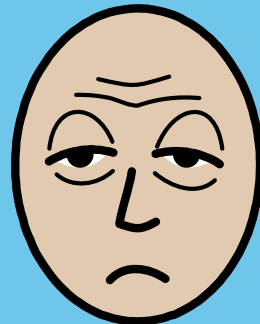


REST
AREA

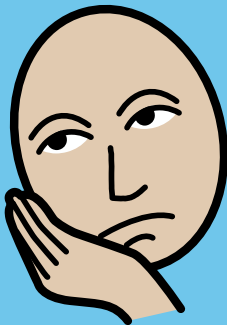
blue zone



sad



tired



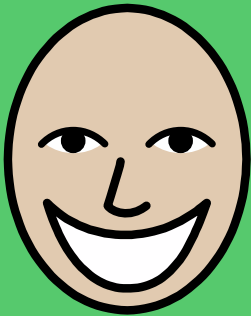
bored



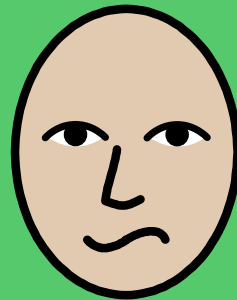
poorly

GO

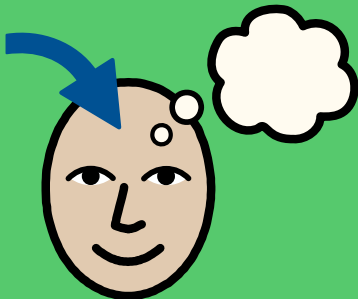
green zone



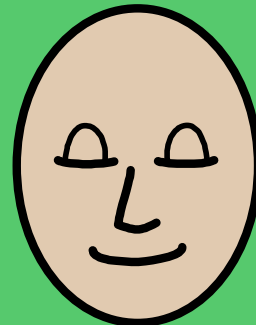
happy



ok



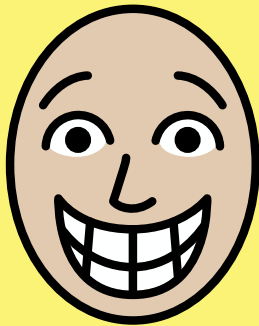
ready



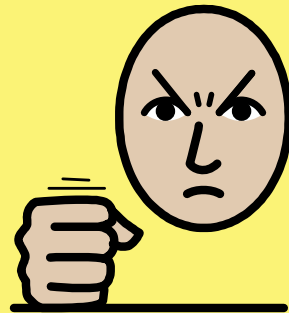
calm

SLOW

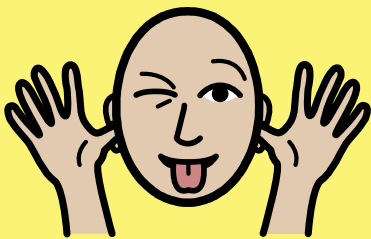
yellow zone



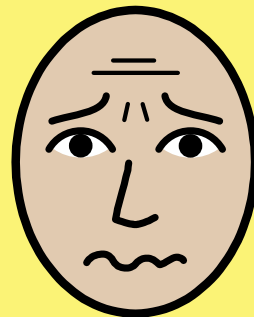
excited



frustrated



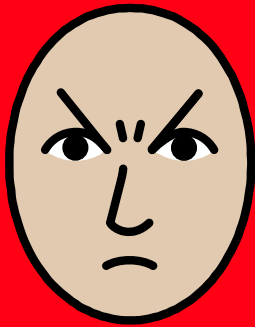
silly



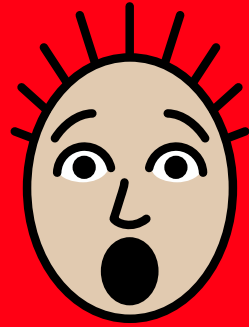
worried

STOP

red zone



angry



scared



out of control