

# Which **ZONE** Would I Be In?

All of the zone colors are okay. There are times when you will be in different zones. Think about times that you expect you would be in the Blue, Green, Yellow, or Red Zone.

I experience all the Zones!

Times I may be in the **BLUE** ZONE...



Times I may be in the **GREEN** ZONE...



Times I may be in the **YELLOW** ZONE...



Times I may be in the **RED** ZONE...

