

LEVEL 1:

**I'M BREATHING NORMALLY.
I'M NOT WARM.
I'M BARELY AWAKE.**



LEVEL 2:

**I'M BREATHING NORMALLY.
I'M GETTING WARMER.
I DO NOT NEED TO REST.**



LEVEL 3:

**I'M BREATHING FASTER.
I'M VERY WARM.
I MIGHT NEED TO REST SOON.**



LEVEL 4:

**I'M BREATHING VERY HARD.
I'M SWEATY.
I'M GOING TO NEED A BREAK.**

