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How are you feeling today—exactly? Cinthia Wen, creative director at Noon, tackled this question scientifically in *504 Hours*, a poster she donated to an AIGA benefit auction of works on the theme “Within Four Walls.” She says, “For me, it was about the effects of city living. Since I like psychology, I documented my mood for 21 days by the hour, and then I color-coded them and created the poster out of it.

“Each horizontal bar is a day,” Wen continues. “Blue is when I’m calm—asleep, mainly. Black is when I’m not so happy. And then there’s agitation. There’s a legend to the left, so you can chart how I did. I also had little symbols: days when I had a revelation, and days when I drank too much.” Wen made notes hourly on a scratchpad; the visualization of the notes came later.

“How do you turn things you can’t visualize—such as time, mood, and space—into tangible, visible ideas?” Wen asks. “Because you live life every day, you can’t visualize your time. When you look at this, it feels like it’s all about color—just color stripes. But when you look at it from afar, there’s a certain pulse to it.” *Jude Stewart*

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