

# Stop light behavior chart

How are you doing today?

	S	M	T	W	T	F	S
Name 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Name 2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Name 3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Name 4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Name 5	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



**RED LIGHT**  
**STOP**

Take a break. Wait for  
the signal to go again!



**YELLOW LIGHT**  
**SLOW DOWN**

Deep breaths. Think  
about your choices!



**GREEN LIGHT**  
**KEEP GOING**

Take a break. Wait for  
the signal to go again!

**4-5 greens/week = reward**