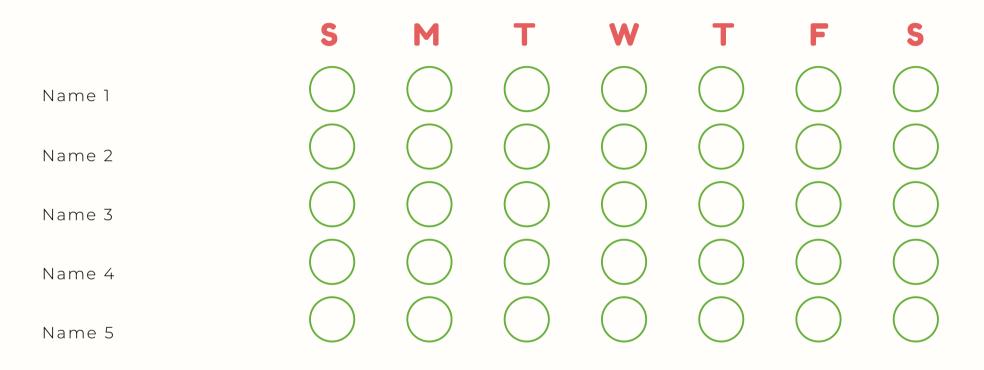
Stop light behavior chart

How are you doing today?





RED LIGHT

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

YELLOW LIGHT SLOW DOWN

Deep breaths. Think about your choices!

4-5 greens/week = reward



GREEN LIGHT KEEP GOING

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