

Stoplight Action Plan

Everyone's familiar with stoplights, so this plan – using a stoplight analogy – should improve your knowledge of when to go, slow down or stop completely regarding your daily activities and eating habits. Hopefully, you'll get good enough to catch green lights all the way. But if you're stuck on red, remember, a green has to come sometime.

Green (routine) No symptoms present or only slight, occasional symptoms
Yellow (urgent) Symptoms are present and persist for several days
Red (emergency) Symptoms are extreme and activities are largely or completely interrupted

Green

Symptoms	Frequency

Diet includes:



Diet includes:

Medications and dosages:

Action plan:



Red

Symptoms	Frequency

Diet includes:

Medications and dosages:
