

## Activities Stoplight

Think about your daily activities.

Which activities make you feel refreshed, and which activities cause symptoms?

Put your activities next to the corresponding stoplight color.

### Red Light Activities:

These activities lead to significant symptoms. When planning your day, limit these to no more than 1 per day. Plan to take rest breaks during the activity and anticipate needing time to rest afterwards.

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### Yellow Light Activities:

These activities lead to some symptoms. When planning your day, limit these to no more than 3 per day. Plan to take rest breaks during the activity.

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### Green Light Activities:

These activities lead to no symptoms. When planning your day, these activities are unlimited and can even count as active rest breaks.

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## Activity Planner

Plan your activities throughout the week to balance your schedule and manage your energy.

|   | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun. |
|---|------|-------|------|--------|------|------|------|
| <b>Red Light Activities</b><br><br>Limit to 1 per day.      |      |       |      |        |      |      |      |
| <b>Yellow Light Activities</b><br><br>Limit to 1-3 per day. |      |       |      |        |      |      |      |
| <b>Green Light Activities</b><br><br>No limit.              |      |       |      |        |      |      |      |