

STRESS LEVEL INDICATOR.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
SLEEP	Green	Red	Orange	White	White	White
SOCIAL	Orange	Red	Red	White	White	White
EAT HEALTHY	Orange	Orange	Orange	White	White	White
MOVE/EXERCISE	Orange	Orange	Green	White	White	White
FINANCE	Green	Green	Green	White	White	White