TRAFFIC LIGHT SYSTEM

NUTRITION	🔴🟡🟢	**BOUNDARIES**	🔴🟡🟢
TRAINING	🔴🟡🟢	**COMMUNITY/ SUPPORT**	🔴🟡🟢
TIME	🔴🟡🟢	**SELF TALK**	🔴🟡🟢
CONSISTENCY	🔴🟡🟢	**HEALTH**	🔴🟡🟢

TOTAL SCORE **/24**