

Green-Yellow-Red Light Exercise Plan



When recovering from a brain injury, the way you feel may change from day to day. Some days you may feel great, and some days you feel more symptomatic.




The Green-Yellow-Red Light plan helps you adapt your exercise plan based on how you feel on any given day to help you stay as active as possible.

Exercise does not have to be all or nothing – any activity is good!




Modifications to your physical activity on days when you feel worse may include:

- Changing your activity: Choosing a lower impact activity such as walking
- Decreasing intensity: Lowering your target heart rate or level of exertion
- Decreasing duration: Doing the activity for a shorter period of time




The table below describes how to use the Green-Yellow-Red exercise plan.

	How you feel	Activity Plan
 Green	<ul style="list-style-type: none">• Feeling at or near my best• I have lots of energy• My symptoms are not present, or they are quite tolerable• Symptoms rated 0-2 on visual analogue scale (<i>see page 3</i>)	<ul style="list-style-type: none">• Highest level of effort• Complete your normal exercise routine as prescribed by your team
 Yellow	<ul style="list-style-type: none">• I feel somewhere in the middle• I have some energy• My symptoms are present and noticeable• Symptoms rated 3-6 on visual analogue scale (<i>see page 3</i>)	<ul style="list-style-type: none">• Medium level of effort• Perform the exercise program prescribed by your team, but consider these modifications:<ul style="list-style-type: none">○ Shorten the workout○ Take breaks○ Lower level of effort
 Red	<ul style="list-style-type: none">• I am having a bad day• I feel tired or unwell• My symptoms are significant and bothersome• Symptoms rated 7-10 on visual analogue scale (<i>see page 3</i>)	<ul style="list-style-type: none">• Lowest level of effort• Perform short bouts of light activity, such as a 10-minute walk• Consider a rest day when you feel especially poor

Example Green-Yellow-Red Light Plan







	Activity Plan
 Green	<ul style="list-style-type: none">• 30 minutes of stationary cycling at target heart rate of 130-140 BPM• 15 minutes of bodyweight core exercises
 Yellow	<ul style="list-style-type: none">• 20 minutes of stationary cycling at target heart rate of 120-130 BPM
 Red	<ul style="list-style-type: none">• 10-minute walks as tolerable• Consider a rest day when I feel especially poor

Creating your Green-Yellow-Red Light Plan

	Activity Plan
 Green	<hr/> <hr/> <hr/>
 Yellow	<hr/> <hr/> <hr/>
 Red	<hr/> <hr/> <hr/>

Visual Analogue Scale for Symptom Rating

Rate Your Overall Condition

					
0	1-2	3-4	5-6	7-8	9-10
Feel terrific, no symptoms	Feel some symptoms but quite tolerable	Symptoms a little worse	Symptoms much worse	Feeling quite symptomatic	Feel terrible, worst I ever felt