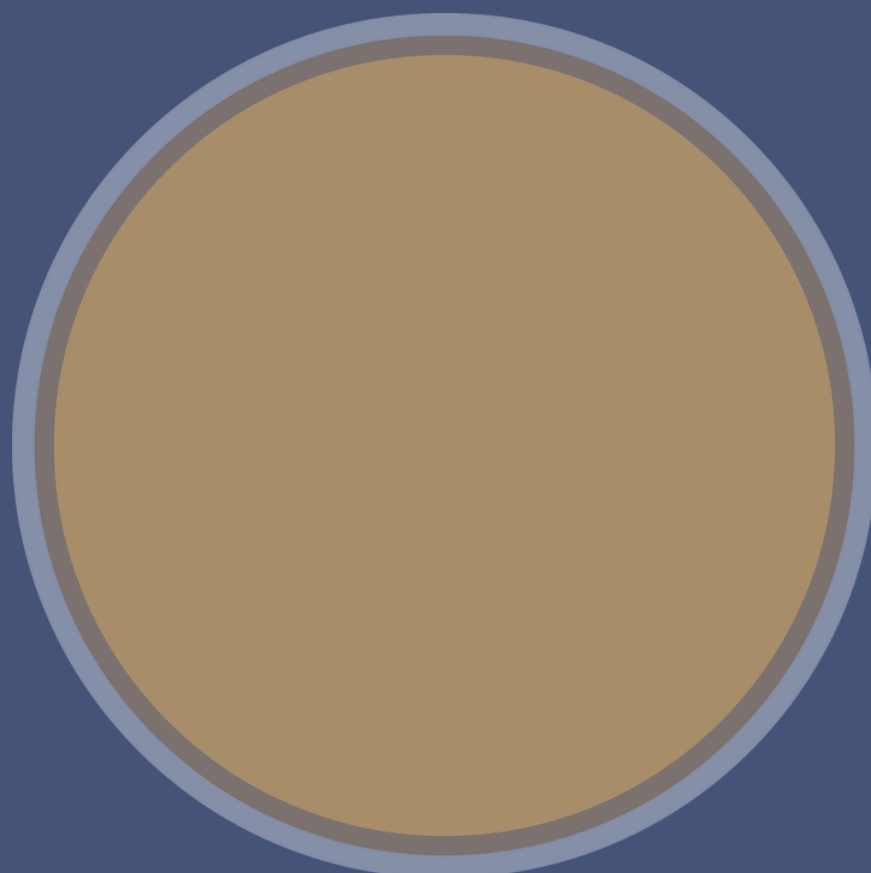
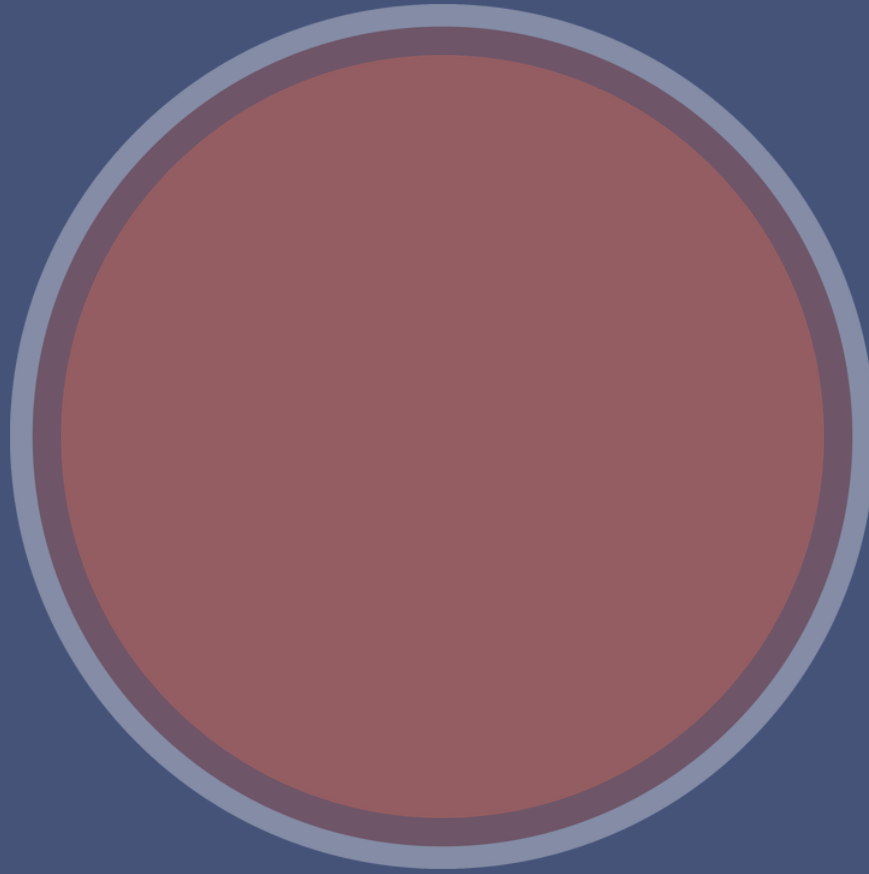


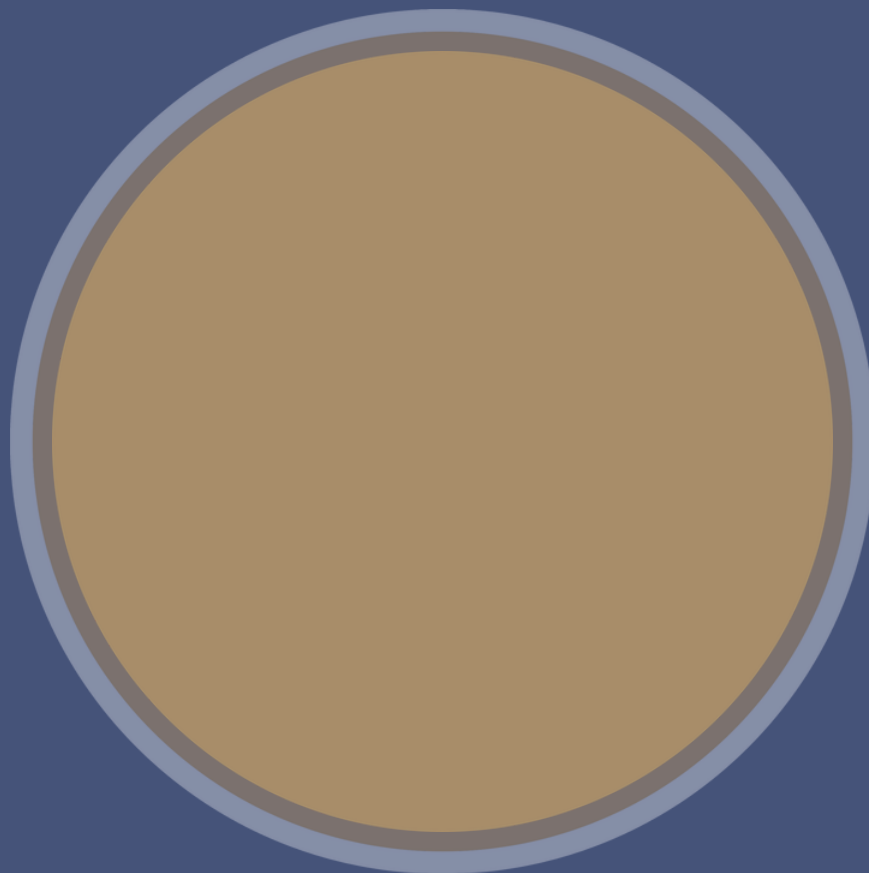
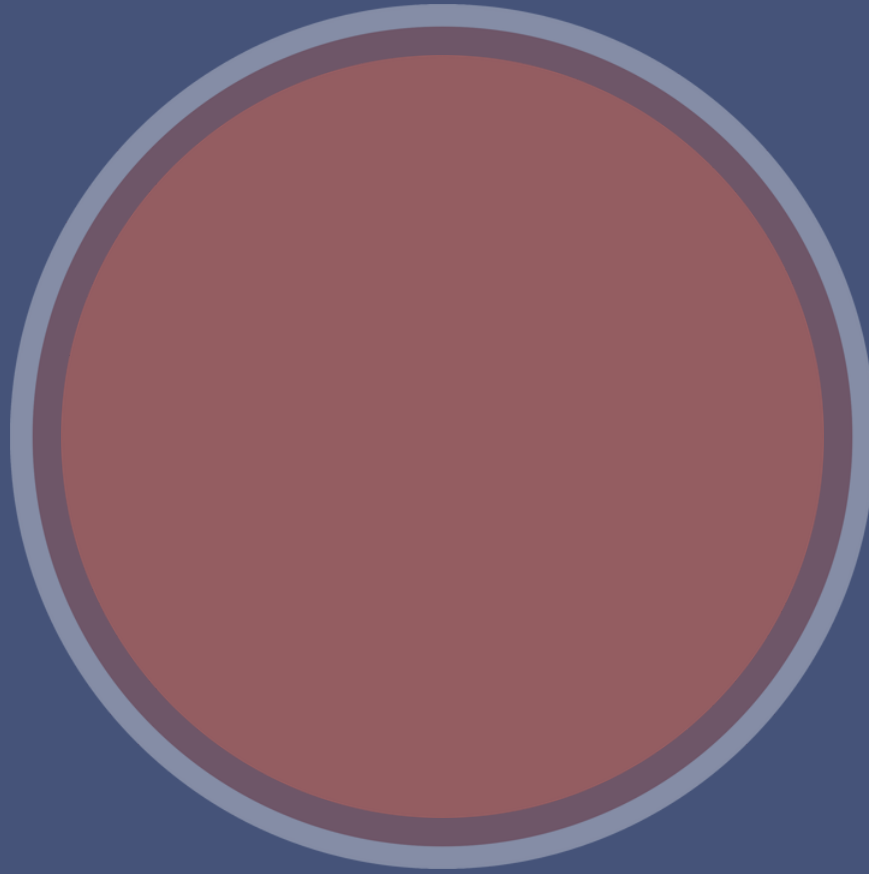
My Status Today



My Status Today



My Status Today



My Support Guide

When I'm having a red day, the best thing you can do is:

When I'm having a yellow day, I need:

When I'm having a green day, let's:

How to customise your traffic light cards:

Living with a digestive condition and symptoms means your “normal” looks completely different from someone else’s.

That’s why we’ve left these cards blank for you to fill in...

- 1** Customise it. Upload to your social media story drafts to type in or use emojis)for your own definitions. Be as honest as you need to be.
- 2** Save to your phone. Download the finished pages as images to your phone’s camera roll.
- 3** Use it your way. Set traffic light pages as your temporary lock screen wallpaper when you want those around you to know your status at a glance. Or share them with the traffic light card guides with those around you so everyone knows where you’re at and what you need from them.