Fogg Behavior Grid BehaviorGrid.org

	Green behavior	**Blue** behavior	**Purple** behavior	**Gray** behavior	**Black** behavior
	Do new behavior, one that's unfamiliar	Do familiar behavior	Increase behavior intensity or duration	Decrease behavior intensity or duration	Stop doing a behavior
Dot behavior is done one time	**GreenDot** Do new behavior one time	**BlueDot** Do familiar behavior one time	**PurpleDot** Increase behavior one time	**GrayDot** Decrease behavior one time	**BlackDot** Stop doing a behavior one time
Span behavior has duration, such as 40 days	**GreenSpan** Do new behavior for a period of time	**BlueSpan** Do familiar behavior for a period of time	**PurpleSpan** Increase behavior for a period of time	**GraySpan** Decrease behavior for a period of time	**BlackSpan** Stop a behavior for a period of time
Path behavior is a permanent change	**GreenPath** Do new behavior from now on	**BluePath** Do familiar behavior from now on	**PurplePath** Increase behavior from now on	**GrayPath** Decrease behavior from now on	**BlackPath** Stop a behavior from now on

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[Fogg Behavior Guide](#)

D Keegan

Fogg Behavior Guide:

The book delves into Fogg Behavior Guide. Fogg Behavior Guide is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Fogg Behavior Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

   - Chapter 1: Introduction to Fogg Behavior Guide
   - Chapter 2: Essential Elements of Fogg Behavior Guide
   - Chapter 3: Fogg Behavior Guide in Everyday Life
   - Chapter 4: Fogg Behavior Guide in Specific Contexts
   - Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Fogg Behavior Guide. This chapter will explore what Fogg Behavior Guide is, why Fogg Behavior Guide is vital, and how to effectively learn about Fogg Behavior Guide.
3. In chapter 2, the author will delve into the foundational concepts of Fogg Behavior Guide. This chapter will elucidate the essential principles that must be understood to grasp Fogg Behavior Guide in its entirety.
4. In chapter 3, this book will examine the practical applications of Fogg Behavior Guide in daily life. The third chapter will showcase real-world examples of how Fogg Behavior Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Fogg Behavior Guide in specific contexts. This chapter will explore how Fogg Behavior Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Fogg Behavior Guide. This chapter will summarize the key points that have been discussed throughout the book.
   The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Fogg Behavior Guide.

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Table of Contents Fogg Behavior Guide

Fogg Behavior Guide Introduction

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