

# Fogg Behavior Grid

BehaviorGrid.org

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	<b>Green</b> behavior <small>Do new behavior, one that is <i>pleasant</i></small>	<b>Blue</b> behavior <small>Do familiar behavior</small>	<b>Purple</b> behavior <small>Increase behavior intensity or duration</small>	<b>Gray</b> behavior <small>Decrease behavior intensity or duration</small>	<b>Black</b> behavior <small>Stop doing a behavior</small>
<b>Dot</b> behavior <small>is done <i>occasionally</i></small>	<b>GreenDot</b> <small>Do new behavior one time</small> <small>Send out postcard one time</small>	<b>BlueDot</b> <small>Do familiar behavior one time</small> <small>Call a friend about one friendly song</small>	<b>PurpleDot</b> <small>Increase behavior one time</small> <small>Plant more trees and local plants</small>	<b>GrayDot</b> <small>Decrease behavior one time</small> <small>Buy fewer boxes of bottled water</small>	<b>BlackDot</b> <small>Stop doing a behavior one time</small> <small>Turn off your heater for tonight</small>
<b>Span</b> behavior <small>has <i>duration</i>, such as 30 days</small>	<b>GreenSpan</b> <small>Do new behavior for a period of time</small> <small>Commit to work for three weeks</small>	<b>BlueSpan</b> <small>Do familiar behavior for a period of time</small> <small>Wish to work for two months</small>	<b>PurpleSpan</b> <small>Increase behavior for a period of time</small> <small>Take public bus for one month</small>	<b>GraySpan</b> <small>Decrease behavior for a period of time</small> <small>Take shower, shower the week</small>	<b>BlackSpan</b> <small>Stop a behavior for a period of time</small> <small>Don't work there during summer</small>
<b>Path</b> behavior <small>is a <i>continuous</i> action</small>	<b>GreenPath</b> <small>Do new behavior from now on</small> <small>Start growing one vegetable</small>	<b>BluePath</b> <small>Do familiar behavior from now on</small> <small>Turn off lights when leaving room</small>	<b>PurplePath</b> <small>Increase behavior from now on</small> <small>Plant more trees local gardens</small>	<b>GrayPath</b> <small>Decrease behavior from now on</small> <small>Buy less water from now on</small>	<b>BlackPath</b> <small>Stop a behavior from now on</small> <small>Never work again</small>

# Fogg Behavior Guide

**RJ Shavelson**



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