

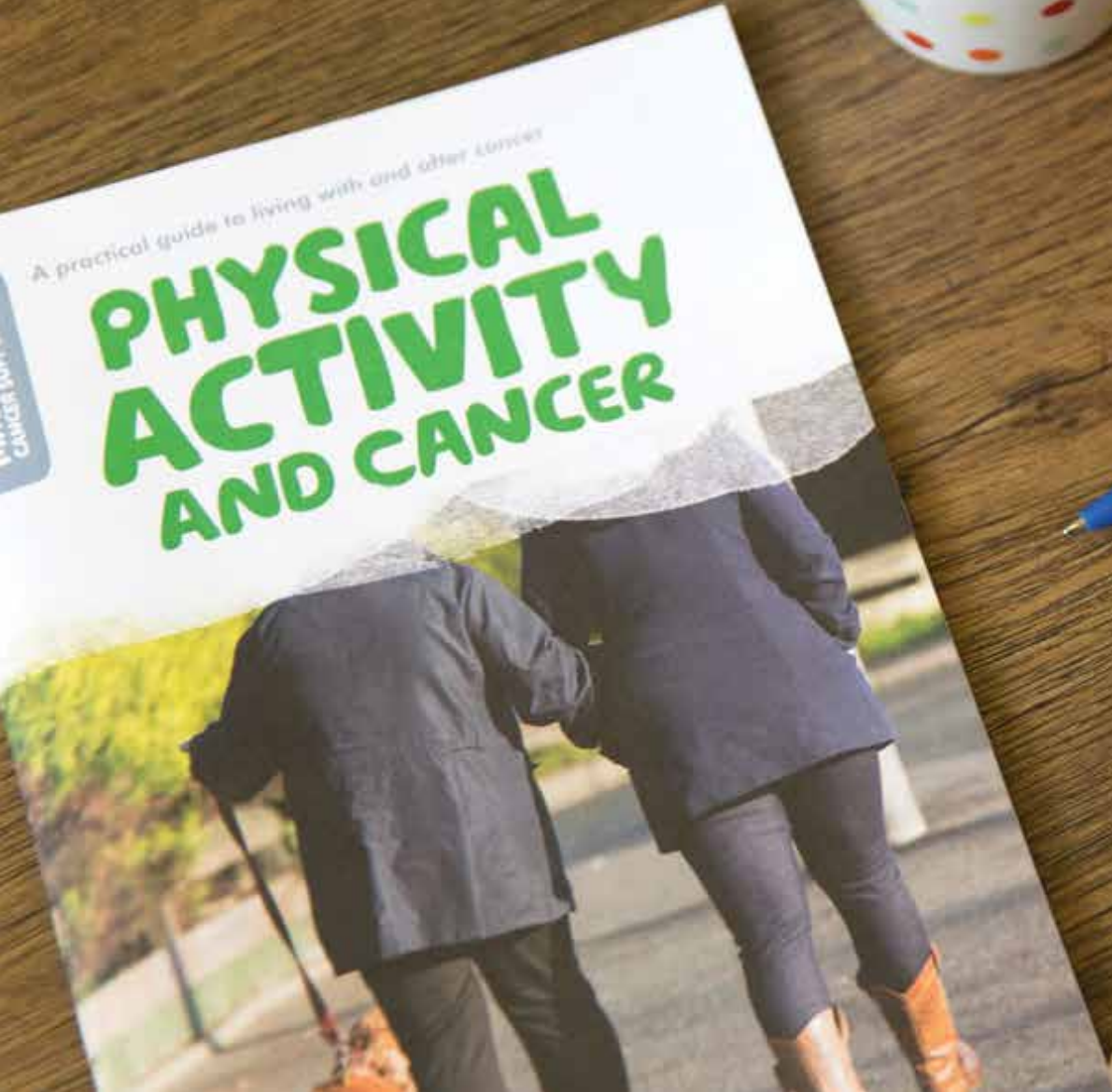
FOOD AND ACTIVITY PLANNER

date / /

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks and drinks							
Did I eat five portions of fruit or vegetables?							
Did I do any exercise?							

What went well this week?

Thoughts for next week



FOOD AND ACTIVITY PLANNER

	Monday	Tuesday	Wednesday
Breakfast			
Lunch	Banana + yoghurt		
Dinner	Salad with oily fish		
Snacks and drinks			
Drugs			