

Using a food and activity planner

You could write down a plan for meals and physical activity for the week ahead. This can help you keep track of your goals each week. If you are finding it hard to keep to the plan, you could adjust your goals so you introduce any diet and exercises changes more slowly.

Tips for using the planner

- Photocopy or print the planner before you fill it in. This means you can use a new copy each week.
- Try to write down everything you plan to eat for a week. Make a note of when you do not keep to the plan. At the end of the week, you can see what you have done and use it to plan for the next week. You will also have a record to show your doctor or dietitian.
- Use our [healthy meal] suggestions when you are planning your meals.
- Mark down each portion of fruit and vegetables you plan to eat and record what you have eaten.
- Use the activity section to plan and record physical activity.
- If you eat a lot in one sitting, make a note of where you were, who you were with and how you were feeling. This may help you work out any eating habits that are causing weight gain.

Food and Activity Planner

Date: / /

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks and drinks							
Did I eat 5 portions of fruit or vegetables?							
Today's exercise							

What went well this week?

Plans for next week
