

Using a food and activity planner

Writing down your meals and physical activity for the week ahead can help you plan what you are going to eat and do. This can help you keep track of your goals each week. Remember to go easy on yourself. If you are not sticking to the plan, think about why that might be. Maybe you can set yourself other goals.

Tips for using the planner

- Fill in a new planner each week.
- Try to write down everything you plan to eat for a week. Make a note of when you do not stick 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 if you did.
- 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 find 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
