NHS choices
www.nhs.uk

Week 1 food and activity chart

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Food							
Total calories:	1,363	1,391	1,516	1,305	1,357	1,710	1,309
	✓ ✗	✓ ✗	✗ ✗	✓ ✗	✓ ✗	✗ ✗	✓ ✗
Oops! Unplanned snacks or drinks		crisps 171cal	2x choc diges 172cal		kit kat 107cal	glass of wine 130cal	
						ginger cake 147cal	
Your 5 a day	✓✓✓✗✗	✓✓✓✓✗	✓✓✓✗✗	✓✓✓✓✗	✓✓✓✓✓	✓✓✓✗✗	✓✓✓✓✓
Activity							
Total minutes:	15	15	75	15	60	40	60
Aerobic exercise (mins)	walk 15	walk 15	walk 15	walk 15	zumba 60	swim 20	walk 60
	✓ ✗	✓ ✗	✓ ✗	✓ ✗	✓ ✗	✓ ✗	✓ ✗
Strength exercise (mins)			yoga 60			gardening 20	
	✗ ✗	✗ ✗	✓ ✗	✗ ✗	✗ ✗	✓ ✗	✗ ✗

SAMPLE

Weekly summary

Start of the week

Weight	Waist
172lbs	44in
kg/lbs	cms/in

Aerobic exercise: 10 mins ☐ 30 mins ☐ 60 mins ☐ 90 mins ☐ 120 mins ☐ 150 mins + ☑

Your weight loss tracker - Record your weight and waist size at the start and end of each week to help you stay on track

1 session on 2 or more days a week

Strength exercise: mon ☐ tues ☐ wed ☑ thurs ☐ fri ☐ sat ☑ sun ☐

End of the week

Weight	Waist
170lbs	44in
kg/lbs	cms/in