



Week 1 food and activity chart

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Food	Food	Food	Food	Food	Food	Food
Total calories:	Total calories:	Total calories:	Total calories:	Total calories:	Total calories:	Total calories:
1,363	1,391	1,516	1,305	1,357	1,710	1,309
<div><div>✓</div><div>✗</div></div>	<div><div>✓</div><div>✗</div></div>	<div><div>✓</div><div>✗</div></div>	<div><div>✓</div><div>✗</div></div>	<div><div>✓</div><div>✗</div></div>	<div><div>✓</div><div>✗</div></div>	<div><div>✓</div><div>✗</div></div>
Oops! Unplanned snacks or drinks	Oops! Unplanned snacks or drinks	Oops! Unplanned snacks or drinks	Oops! Unplanned snacks or drinks	Oops! Unplanned snacks or drinks	Oops! Unplanned snacks or drinks	Oops! Unplanned snacks or drinks
Your 5 a day	Your 5 a day	Your 5 a day	Your 5 a day	Your 5 a day	Your 5 a day	Your 5 a day
<div><div>✓</div><div>✓</div><div>✓</div><div>✓</div><div>✓</div></div>	<div><div>✓</div><div>✓</div><div>✓</div><div>✓</div><div>✓</div></div>	<div><div>✓</div><div>✓</div><div>✓</div><div>✓</div><div>✓</div></div>	<div><div>✓</div><div>✓</div><div>✓</div><div>✓</div><div>✓</div></div>	<div><div>✓</div><div>✓</div><div>✓</div><div>✓</div><div>✓</div></div>	<div><div>✓</div><div>✓</div><div>✓</div><div>✓</div><div>✓</div></div>	<div><div>✓</div><div>✓</div><div>✓</div><div>✓</div><div>✓</div></div>
Activity	Activity	Activity	Activity	Activity	Activity	Activity
Total minutes:	Total minutes:	Total minutes:	Total minutes:	Total minutes:	Total minutes:	Total minutes:
15	15	75	15	60	40	60
Aerobic exercise mins	Aerobic exercise mins	Aerobic exercise mins	Aerobic exercise mins	Aerobic exercise mins	Aerobic exercise mins	Aerobic exercise mins
walk 15	walk 15	walk 15	walk 15	zumba 60	swim 20	walk 60
<div><div>✓</div><div>✗</div></div>	<div><div>✓</div><div>✗</div></div>	<div><div>✓</div><div>✗</div></div>	<div><div>✓</div><div>✗</div></div>	<div><div>✓</div><div>✗</div></div>	<div><div>✓</div><div>✗</div></div>	<div><div>✓</div><div>✗</div></div>
Strength exercise mins	Strength exercise mins	Strength exercise mins	Strength exercise mins	Strength exercise mins	Strength exercise mins	Strength exercise mins
		yoga 60			gardening 20	
<div><div>✓</div><div>✗</div></div>	<div><div>✓</div><div>✗</div></div>	<div><div>✓</div><div>✗</div></div>	<div><div>✓</div><div>✗</div></div>	<div><div>✓</div><div>✗</div></div>	<div><div>✓</div><div>✗</div></div>	<div><div>✓</div><div>✗</div></div>

Weekly summary



Aerobic exercise:

10 mins

30 mins

60 mins

90 mins

120 mins

150 mins +

☐

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☐

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End of the week

Weight

Waist

172lbs

44in

kg/lbs

cms/in

Weight

Waist

170lbs

44in

kg/lbs

cms/in

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



Strength exercise:

mon

tues

wed

thurs

fri

sat

sun

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☐

1 session on 2 or more days a week