

Week 1 food and activity chart



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

Weekly summary



Aerobic exercise:

10 mins 30 mins 60 mins 90 mins 120 mins 150 mins +



Strength exercise:

mon tues wed thurs fri sat sun

1 session on 2 or more days a week

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

Start of the week	
Weight	Waist
172lbs kg/lbs	44in cms/in

End of the week	
Weight	Waist
170lbs kg/lbs	44in cms/in