

More Confidence More Health More Energy

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## Welcome

This diary belongs to



Keeping a food diary is probably the most important thing you can do if you want to change your eating habits. It may seem like a tall order, but it is very difficult to change behaviour unless we are fully aware of it. In this diary you will find pages for everyday of your MoreLife journey, where you can note down your food intake, your physical activity, your sleep patterns as well as the habits you want to work on that week or day. The goal section of this diary is a great opportunity to outline

your session goals, these are good to refer back to as your work through your dairy.

Finally, you will also find some prompts and suggestions to help you reflect and work on your thoughts and difficulties with breaking habits.

## **Contents**



# **My Monitoring Data**

Your numbers	
Height:	
EER: (Estimated Energy Requirement	:)
5% Weight Goal:	10% Weight Goal:

Session 1	
Weight (Kg)	Reflection
Session 2	
Weight (Kg)	Reflection
Session 3	
Weight (Kg)	Reflection
Session 4	
Weight (Kg)	Reflection

Session 5	
Weight (Kg)	Reflection
Session 6	
Weight (Kg)	Reflection
Session 7	
Weight (Kg)	Reflection
Session 8	
Weight (Kg)	Reflection

Session 9	
Weight (Kg)	Reflection
Session 10	
Weight (Kg)	Reflection
Session 11	
Weight (Kg)	Reflection
Session 12	
Weight (Kg)	Reflection



## **Journey Goals**

Journey goals are what they say they are; goals that you can set along the way to help you reach your end goal. We like to set journey goals so that we can build on them each week; remember little changes make big differences over time.

It's important that you track your goals, as this allows you to see your progress and achievements and to ensure that your success continues.

Session 1
My goals are
Comments (Did you achieve your goal/s? What helped you? Were there any barriers?)
Session 2
My goals are
Comments (Did you achieve your goal/s? What helped you? Were there any barriers?)
Session 3
My goals are
Comments (Did you achieve your goal/s? What helped you? Were there any barriers?)

Session 4
My goals are
Comments (Did you achieve your goal/s? What helped you? Were there any barriers?)
Session 5
My goals are
Comments (Did you achieve your goal/s? What helped you? Were there any barriers?)
Session 6
My goals are
Comments (Did you achieve your goal/s? What helped you? Were there any barriers?)

My goals are
Comments (Did you achieve your goal/s? What helped you? Were there any barriers?)
Session 8
My goals are
Comments (Did you achieve your goal/s? What helped you? Were there any barriers?)
Session 9
My goals are
Comments (Did you achieve your goal/s? What helped you? Were there any barriers?)

Session 7

Session 10
My goals are
Comments (Did you achieve your goal/s? What helped you? Were there any barriers?)
Session 11
My goals are
My goals are
Comments (Did you achieve your goal/s? What helped you? Were there any barriers?)
Session 12
My goals are
Comments (Did you achieve your goal/s? What helped you? Were there any barriers?)



## Habit Tracker

Identify some things you would like to do each day, and write them down.
Give yourself a tick for every day that you do each habit.

Habit to	make					
How can	I make tl	his habit e	easier?			
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Habit to	make					
How can	I make tl	his habit e	easier?			
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Habit to	make					
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Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

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Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7



# Weekly Meal Planner Food & Activity Tracker

#### Week 1 | Meal Planner

Monday
Monady
Breakfast
Lunch
Dinner
Snacks:
Tuesday
Tuesday Breakfast
Breakfast
Breakfast Lunch
Breakfast
Breakfast Lunch

#### Week 1 | Meal Planner

Friday	
Breakfast	
Lunch	
Dinner	
Snacks:	
Saturday	
Breakfast	
Lunch	
Dinner	
Snacks:	

Sunday	
Breakfast	
Lunch	
Dinner	
Snacks:	

Shopping List	

Monday	
ivioliday	••••••••••••

Food		
What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

• • • • • • • • • • • • • • • • • • • •

Tuesday	

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Wednesday	
rreallesday	•••••••••••••••••

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep	

Food		
What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

Hours of sleep

Friday	
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Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

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Saturday	•••••

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep .....

Sunday	
Juliady	•••••••••••••••

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Notes/ Comments		

#### Week 2 | Meal Planner

Monday
Monday
Breakfast
Lunch
Dinner
Dinner
Snacks:
Tuesday
Breakfast
Lunch
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Wednesday
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Snacks:
Thursday
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Snacks:

### Week 2 | Meal Planner

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Snacks:		

Sunday	
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Dinner	
Snacks:	

Snopping List	

#### Week 2 | Food & Activity Tracker

Monday	
Monady	••••••••••••

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What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Tuesday	
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Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

#### Week 2 | Food & Activity Tracker

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Duration	Structured or NEAT
	Duration


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Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

#### Week 2 | Food & Activity Tracker

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Activity		
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Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

#### Week 2 | Food & Activity Tracker

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What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

# Notes/ Comments

# Week 3 | Meal Planner

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Snacks:

# Week 3 | Meal Planner

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Friday	
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Snacks:	
Saturday	
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Sunday	
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Shopping List	

#### Week 3 | Food & Activity Tracker

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#### Week 3 | Food & Activity Tracker

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Activity		
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#### Week 3 | Food & Activity Tracker

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Duration	Structured or NEAT
	Duration

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Duration	Structured or NEAT
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What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

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Notes/ Comments		

# Week 4 | Meal Planner

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# Week 4 | Meal Planner

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Snopping List	

### Week 4 | Food & Activity Tracker

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Duration	Structured or NEAT
	Duration

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Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

# Week 4 | Food & Activity Tracker

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What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT


Thursday	
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Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

### Week 4 | Food & Activity Tracker

Friday	
iliday	•••••••••••••••

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT


Saturday	
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Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

# Week 4 | Food & Activity Tracker

Sunday	
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Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

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# Week 5 | Meal Planner

Monday Breakfast  Lunch  Dinner  Snacks:  Tuesday  Breakfast  Lunch
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Dinner  Snacks:  Tuesday  Breakfast
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Snacks:

# Week 5 | Meal Planner

Friday	
Breakfast	
Lunch	
Dinner	
Snacks:	
Saturday	
Breakfast	
Lunch	
Dinner	
Snacks:	

Sunday	
Breakfast	
Lunch	
Dinner	
Snacks:	

Shopping List	

### Week 5 | Food & Activity Tracker

Monday	•••••

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Tuesday	

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

### Week 5 | Food & Activity Tracker

Wednesday	•••••
vvcancsaay	

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep	• • • • • • • • • • • • • • • • • • • •	
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Food		
What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

Hours of sleep

### Week 5 | Food & Activity Tracker

Friday	
Tilday	••••••••••••

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Saturday	•••••

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

### Week 5 | Food & Activity Tracker

Sunday	
Juliady	• • • • • • • • • • • • • • • • • • • •

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep	• • • • • • • • • • • • • • • • • • • •	

Notes/ Comments		

# Week 6 | Meal Planner

Monday
Breakfast
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Snacks:
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# Week 6 | Meal Planner

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Shopping List	

### Week 6 | Food & Activity Tracker

Monday	
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Food		
What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

Tuesday	

Food		
What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

### Week 6 | Food & Activity Tracker

Wednesday	• • • • • • • • • • • • • • • • • • • •
vvcancoaay	••••••••••••••••

Food		
What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

Hours of sleep	•••••	
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	Thursday	
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Food		
What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

Hours of sleep

### Week 6 | Food & Activity Tracker

Friday	
illady	••••••••••••••••••

Food		
What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

Hours of sleep	•••••
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Food		
What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

### Week 6 | Food & Activity Tracker

Sunday		
ouriday	• • • • • • • • • • • • • • • • • • • •	

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

# Notes/ Comments

# Week 7 | Meal Planner

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# Week 7 | Meal Planner

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Snacks:	

Shopping List	

### Week 7 | Food & Activity Tracker

Monday				
monady	• • • • • •	 	 	 

Food		
What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

Hours of sleep	• • • • • • • • • • • • • • • • • • • •	
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Tuesday	
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Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

### Week 7 | Food & Activity Tracker

Wednesday .....

Food		
What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

Hours of sleep	•••••
Hours of sleep	•••••

Thursday	
marsaay	

Food		
What/Quantity	When/Where	Mood

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ion or NEAT

### Week 7 | Food & Activity Tracker

Friday					

Food		
What/Quantity	When/Where	Mood

uration	Structured or NEAT

Hours of sleep				•			•	 •	 	•	 •	•			•	•	•	•		••		
Hours of sleep	• •	• •	•	•	٠.	•	•	 •	 	•	 •	•	•	 •	•	•	•	•	•	••		

	Saturday	
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Food		
What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

### Week 7 | Food & Activity Tracker

Sunday									
duriday	 	 	 	 	 	 	• •	 •	•

Food		
What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

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Notes/ Comments		

# Week 8 | Meal Planner

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# Week 8 | Meal Planner

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Dinner	
Snacks:	

### Week 8 | Food & Activity Tracker

Monday	
Monady	••••••••••••

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep	• • • • • • • • • • • • • • • • • • • •	
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Tuesday	

Food		
What/Quantity	When/Where	Mood

Activity			
What Exercise/Activity	Duration	Structured or NEAT	

Hours of sleep .....

# Week 8 | Food & Activity Tracker

Wednesday	•••••
vvcancsaay	

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Thursday	
illarsaay	• • • • • • • • • • • • • • • • • • • •

Food		
What/Quantity	When/Where	Mood

Activity			
What Exercise/Activity	Duration	Structured or NEAT	

Hours of sleep .....

# Week 8 | Food & Activity Tracker

Friday	
illady	••••••••••••••••••

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Saturday	
oataraay	••••••••••••••••

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

# Week 8 | Food & Activity Tracker

Sunday	
Juliady	• • • • • • • • • • • • • • • • • • • •

Food		
What/Quantity	When/Where	Mood

Activity			
What Exercise/Activity	Duration	Structured or NEAT	

# Week 9 | Meal Planner

Monday
Monady
Breakfast
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Snacks:
Tuesday
Tuesday Breakfast
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Breakfast
Breakfast Lunch

Wednesday
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Snacks:
Thursday
Breakfast
Lunch
Dinner
Dinner
Snacks:

# Week 9 | Meal Planner

Friday	
Breakfast	
Lunch	
Dinner	
Snacks:	
Saturday	
Breakfast	
Lunch	
Dinner	
Snacks:	

Sunday	
Breakfast	
Lunch	
Dinner	
Snacks:	

Shopping List	

#### Week 9 | Food & Activity Tracker

Monday	
ivioliday	••••••••••••

Food			
What/Quantity	When/Where	Mood	

Activity			
What Exercise/Activity	Duration	Structured or NEAT	

• • • • • • • • • • • • • • • • • • • •	

	Tuesday	
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Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

#### Week 9 | Food & Activity Tracker

Wednesday	•••••
vvcancsaay	

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep	•••••	
	••••••••••	

Thursday	
maroday	••••••••••••••

Food		
What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

Hours of sleep

#### Week 9 | Food & Activity Tracker

Friday	
Tilday	••••••••••••

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Saturday	•••••

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep .....

#### Week 9 | Food & Activity Tracker

Sunday	
Juliady	• • • • • • • • • • • • • • • • • • • •

Food		
What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

Notes/ Comments		

# Week 10 | Meal Planner

Monday	
Breakfast	
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Tuesday	
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# Week 10 | Meal Planner

Friday			
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Snacks:			
Saturday			
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Dinner			
Snacks:			

Sunday	
Breakfast	
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Snacks:	

Shopping List	

# Week 10 | Food & Activity Tracker

Monday	
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Food		
What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

Hours of sleep	
Hours of sleep	• • • • • • • • • • • • • • • • • • • •

Tuesday	

Food		
What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

Hours of sleep .....

#### Week 10 | Food & Activity Tracker

Wednesday .....

Food		
What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

Hours of sleep	•••••
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	Thursday	
--	----------	--

Food		
What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

Hours of sleep

# Week 10 | Food & Activity Tracker

Friday	
illady	••••••••••••••••••

Food		
What/Quantity	When/Where	Mood

Activity			
What Exercise/Activity	Duration	Structured or NEAT	

Hours of sleep	
Hours of sleep	• • • • • • • • • • • • • • • • • • • •

Food			
What/Quantity	When/Where	Mood	

Duration	Structured or NEAT
	Duration

Hours of sleep .....

#### Week 10 | Food & Activity Tracker

Sunday	
Juliady	• • • • • • • • • • • • • • • • • • • •

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep	••••••	
Hours of sleep	• • • • • • • • • • • • • • • • • • • •	•

# Notes/ Comments

# Week 11 | Meal Planner

	l .
Monday	
D 16 1	
Breakfast	
Lunch	
Lunch	
Dinner	
Diffile	
Snacks:	
on donor	
Tuesday	
Breakfast	
Lunch	
Dinner	
Dinner	
Dinner Snacks:	

Wednesday	
Breakfast	
Lunch	
Dinner	
Snacks:	

Thursday	
Breakfast	
Lunch	
Dinner	

Snacks:

## Week 11 | Meal Planner

Friday	
Breakfast	
Lunch	
Dinner	
Snacks:	
Saturday	
Breakfast	
Lunch	
Dinner	
Snacks:	

Sunday	
Breakfast	
Lunch	
Dinner	
Snacks:	

Shopping List	

Monday					
wichady	• • • • •	• • • •	• • • •	 • • • • • • •	 

Food		
What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

Hours of sleep	• •		•	•	•					•			•	•			•	•		•	•	•		•	••				
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Tuesday	
•	

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Wednesday .....

Food		
What/Quantity	When/Where	Mood

Activity											
What Exercise/Activity	Duration	Structured or NEAT									

Hours of sleep	•••••
Hours of sleep	•••••

Thursday	
marsaay	

Food		
What/Quantity	When/Where	Mood

Structured
ion or NEAT

Friday																			
illaay	• • • •	 • •	• •	 •	• •	• •	 • •	• •	• •	• •	 ٠	 •	 •		•	• •	•	• •	•

Food		
What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

	Saturday	
--	----------	--

Food		
What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

Sunday							
duriday	 						

Food		
What/Quantity	When/Where	Mood

Duration	Structured or NEAT
	Duration

Hours of sleep	••••••	
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Notes/ Comments		

## Week 12 | Meal Planner

Monday
Breakfast
Lunch
Dinner
Snacks:
Tuesday
Breakfast
Lunch
Dinner
Snacks:

Wednesday
Breakfast
Lunch
Dinner
Snacks:
Thursday
Breakfast
Lunch
Dinner
Snacks:

## Week 12 | Meal Planner

Friday	
Breakfast	
Lunch	
Dinner	
Snacks:	
Saturday	
Breakfast	
Lunch	
Dinner	
Snacks:	

Sunday		
Breakfast		
Lunch		
Dinner		
Snacks:		

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep	• • • • • • • • • • • • • • • • • • • •

Tuesday	
racsaay	

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Wednesday .....

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Thursday	
illarsaay	• • • • • • • • • • • • • • • • • • • •

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Friday	
iliday	•••••••••••••••

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

• • • • • • • • • • • • • • • • • • • •

Saturday	
oataraay	••••••••••••••••

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

	Sunday	
--	--------	--

Food		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

	• • • • • • • • • • • • • • • • • •

