



Morelife

The power to be more you

Morelife Diary

**Track & plan your
Morelife journey**

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 diary.

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?)

Session 7

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 10

My goals are...

Comments (Did you achieve your goal/s? What helped you?
Were there any barriers?)

Session 11

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 this habit easier?

--

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

--	--	--	--	--	--	--

Habit to make

--

How can I make this habit easier?

--

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

--	--	--	--	--	--	--

Habit to make

--

How can I make this habit easier?

--

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

--	--	--	--	--	--	--

Habit to make

--

How can I make this habit easier?

--

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

--	--	--	--	--	--	--

Habit to make

--

How can I make this habit easier?

--

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

--	--	--	--	--	--	--

Habit to make

--

How can I make this habit easier?

--

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

--	--	--	--	--	--	--

Habit to make

--

How can I make this habit easier?

--

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

--	--	--	--	--	--	--

Habit to make

--

How can I make this habit easier?

--

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

--	--	--	--	--	--	--

Habit to make

--

How can I make this habit easier?

--

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

--	--	--	--	--	--	--

Habit to make

--

How can I make this habit easier?

--

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

--	--	--	--	--	--	--

Habit to make

--

How can I make this habit easier?

--

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

--	--	--	--	--	--	--

Habit to make

--

How can I make this habit easier?

--

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

Breakfast

Lunch

Dinner

Snacks:

Tuesday

Breakfast

Lunch

Dinner

Snacks:

Wednesday

Breakfast

Lunch

Dinner

Snacks:

Thursday

Breakfast

Lunch

Dinner

Snacks:

Week 1 | Meal Planner

Friday

Breakfast

Lunch

Dinner

Snacks:

Saturday

Breakfast

Lunch

Dinner

Snacks:

Sunday

Breakfast

Lunch

Dinner

Snacks:

Shopping List

Week 1 | Food & Activity Tracker

Monday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Tuesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 1 | Food & Activity Tracker

Wednesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Thursday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 1 | Food & Activity Tracker

Friday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Saturday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 1 | Food & Activity Tracker

Sunday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Notes/ Comments

Week 2 | Meal Planner

Monday

Breakfast

Lunch

Dinner

Snacks:

Tuesday

Breakfast

Lunch

Dinner

Snacks:

Wednesday

Breakfast

Lunch

Dinner

Snacks:

Thursday

Breakfast

Lunch

Dinner

Snacks:

Week 2 | Meal Planner

Friday

Breakfast

Lunch

Dinner

Snacks:

Saturday

Breakfast

Lunch

Dinner

Snacks:

Sunday

Breakfast

Lunch

Dinner

Snacks:

Shopping List

Week 2 | Food & Activity Tracker

Monday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Tuesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 2 | Food & Activity Tracker

Wednesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Thursday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 2 | Food & Activity Tracker

Friday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Saturday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 2 | Food & Activity Tracker

Sunday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Notes/ Comments

Week 3 | Meal Planner

Monday

Breakfast

Lunch

Dinner

Snacks:

Tuesday

Breakfast

Lunch

Dinner

Snacks:

Wednesday

Breakfast

Lunch

Dinner

Snacks:

Thursday

Breakfast

Lunch

Dinner

Snacks:

Week 3 | Meal Planner

Friday

Breakfast

Lunch

Dinner

Snacks:

Saturday

Breakfast

Lunch

Dinner

Snacks:

Sunday

Breakfast

Lunch

Dinner

Snacks:

Shopping List

Week 3 | Food & Activity Tracker

Monday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Tuesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 3 | Food & Activity Tracker

Wednesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Thursday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 3 | Food & Activity Tracker

Friday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Saturday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 3 | Food & Activity Tracker

Sunday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Notes/ Comments

Week 4 | Meal Planner

Monday

Breakfast

Lunch

Dinner

Snacks:

Tuesday

Breakfast

Lunch

Dinner

Snacks:

Wednesday

Breakfast

Lunch

Dinner

Snacks:

Thursday

Breakfast

Lunch

Dinner

Snacks:

Week 4 | Meal Planner

Friday

Breakfast

Lunch

Dinner

Snacks:

Saturday

Breakfast

Lunch

Dinner

Snacks:

Sunday

Breakfast

Lunch

Dinner

Snacks:

Shopping List

Week 4 | Food & Activity Tracker

Monday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Tuesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 4 | Food & Activity Tracker

Wednesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Thursday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 4 | Food & Activity Tracker

Friday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Saturday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 4 | Food & Activity Tracker

Sunday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Notes/ Comments

Week 5 | Meal Planner

Monday

Breakfast

Lunch

Dinner

Snacks:

Tuesday

Breakfast

Lunch

Dinner

Snacks:

Wednesday

Breakfast

Lunch

Dinner

Snacks:

Thursday

Breakfast

Lunch

Dinner

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

Hours of sleep

Tuesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 5 | Food & Activity Tracker

Wednesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Thursday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 5 | Food & Activity Tracker

Friday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Saturday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 5 | Food & Activity Tracker

Sunday

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

Lunch

Dinner

Snacks:

Tuesday

Breakfast

Lunch

Dinner

Snacks:

Wednesday

Breakfast

Lunch

Dinner

Snacks:

Thursday

Breakfast

Lunch

Dinner

Snacks:

Week 6 | Meal Planner

Friday

Breakfast

Lunch

Dinner

Snacks:

Saturday

Breakfast

Lunch

Dinner

Snacks:

Sunday

Breakfast

Lunch

Dinner

Snacks:

Shopping List

Week 6 | Food & Activity Tracker

Monday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Tuesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 6 | Food & Activity Tracker

Wednesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Thursday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 6 | Food & Activity Tracker

Friday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Saturday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 6 | Food & Activity Tracker

Sunday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Notes/ Comments

Week 7 | Meal Planner

Monday

Breakfast

Lunch

Dinner

Snacks:

Tuesday

Breakfast

Lunch

Dinner

Snacks:

Wednesday

Breakfast

Lunch

Dinner

Snacks:

Thursday

Breakfast

Lunch

Dinner

Snacks:

Week 7 | Meal Planner

Friday

Breakfast

Lunch

Dinner

Snacks:

Saturday

Breakfast

Lunch

Dinner

Snacks:

Sunday

Breakfast

Lunch

Dinner

Snacks:

Shopping List

Week 7 | Food & Activity Tracker

Monday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Tuesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 7 | Food & Activity Tracker

Wednesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Thursday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 7 | Food & Activity Tracker

Friday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Saturday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 7 | Food & Activity Tracker

Sunday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Notes/ Comments

Week 8 | Meal Planner

Monday

Breakfast

Lunch

Dinner

Snacks:

Tuesday

Breakfast

Lunch

Dinner

Snacks:

Wednesday

Breakfast

Lunch

Dinner

Snacks:

Thursday

Breakfast

Lunch

Dinner

Snacks:

Week 8 | Meal Planner

Friday

Breakfast

Lunch

Dinner

Snacks:

Saturday

Breakfast

Lunch

Dinner

Snacks:

Sunday

Breakfast

Lunch

Dinner

Snacks:

Shopping List

Week 8 | Food & Activity Tracker

Monday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Tuesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 8 | Food & Activity Tracker

Wednesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Thursday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 8 | Food & Activity Tracker

Friday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Saturday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 8 | Food & Activity Tracker

Sunday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Notes/ Comments

Week 9 | Meal Planner

Monday

Breakfast

Lunch

Dinner

Snacks:

Tuesday

Breakfast

Lunch

Dinner

Snacks:

Wednesday

Breakfast

Lunch

Dinner

Snacks:

Thursday

Breakfast

Lunch

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

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Tuesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 9 | Food & Activity Tracker

Wednesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Thursday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 9 | Food & Activity Tracker

Friday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Saturday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 9 | Food & Activity Tracker

Sunday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Notes/ Comments

Week 10 | Meal Planner

Monday

Breakfast

Lunch

Dinner

Snacks:

Tuesday

Breakfast

Lunch

Dinner

Snacks:

Wednesday

Breakfast

Lunch

Dinner

Snacks:

Thursday

Breakfast

Lunch

Dinner

Snacks:

Week 10 | Meal Planner

Friday

Breakfast

Lunch

Dinner

Snacks:

Saturday

Breakfast

Lunch

Dinner

Snacks:

Sunday

Breakfast

Lunch

Dinner

Snacks:

Shopping List

Week 10 | Food & Activity Tracker

Monday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Tuesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 10 | Food & Activity Tracker

Wednesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Thursday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 10 | Food & Activity Tracker

Friday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Saturday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 10 | Food & Activity Tracker

Sunday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Notes/ Comments

Week 11 | Meal Planner

Monday

Breakfast

Lunch

Dinner

Snacks:

Tuesday

Breakfast

Lunch

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

Week 11 | Food & Activity Tracker

Monday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Tuesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 11 | Food & Activity Tracker

Wednesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Thursday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 11 | Food & Activity Tracker

Friday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Saturday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 11 | Food & Activity Tracker

Sunday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

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:

Shopping List

Week 12 | Food & Activity Tracker

Monday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Tuesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 12 | Food & Activity Tracker

Wednesday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Thursday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 12 | Food & Activity Tracker

Friday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Saturday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Week 12 | Food & Activity Tracker

Sunday

Food...		
What/Quantity	When/Where	Mood

Activity		
What Exercise/Activity	Duration	Structured or NEAT

Hours of sleep

Notes/ Comments



*More*life

The power to be more you