

Week commencing: \_\_\_\_\_

	Breakfast	Mid-morning	Lunch	Mid-afternoon	Evening meal	Exercise
MON						
TUES						
WED						
THUR						

Week commencing: \_\_\_\_\_

	Breakfast	Mid-morning	Lunch	Mid-afternoon	Evening meal	Exercise
FRI						
SAT						
SUN						

<b>STARTING WEIGHT</b>
<b>GOAL WEIGHT</b>

	Weight	BMI	Chest	Waist	Hips
Last week					
This week					
Lost					