

Week beginning:

	MON	TUES	WED	THURS	FRI	SAT	SUN
Breakfast							
Lunch							
Dinner							
Snacks							
Physical Activity (only count activities that you do continuously for 10mins or more)							
How many serves of Fruit & Vegetables did you eat today?	Fruit: Vegetables:						
Did you eat any extra foods today (see the food plate)?							
How many minutes of physical activity did you do?							

At the end of the week, review your diary. Are you eating well and being active?

What was the main barrier to eating well and being active that you faced this week?

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Identify something to change for next week?

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Week beginning:

	MON	TUES	WED	THURS	FRI	SAT	SUN
Breakfast	Muesli, with 1/2 large banana and trim milk						
Lunch	3 sushi rolls bunch of grapes						
Dinner	Spaghetti Bol, salad, bread, icecream bar						
Snacks	2 chocolate biscuits 1 slice cheese & 2 crispbreads						
Physical Activity (only count activities that you do continuously for 10mins or more)	Walk from train station to work (10 Min) Swim laps (30 min)						
How many serves of Fruit & Vegetables did you eat today?	Fruit: 2 Vegetables: 3						
Did you eat any extra foods today (see the food plate)?	Y/N						
How many minutes of physical activity did you do?	40 minutes						

At the end of the week, review your diary. Are you eating well and being active?

What was the main barrier to eating well and being active that you faced this week? *I went to a cocktail party with lots of unhealthy finger food and ate too much. I also went shopping when I was hungry!*

Identify something to change for next week? *I will take fruit to work for an afternoon snack (rather than raiding the work biscuit jar).*