

100 FINISH



81

Planned weekly meals

61

60

41

40

21

20

1



99

82

79

62

59

42

40

22

20

2

98

83

78

63

58

43

38

23

18

3

97

84

77

64

57

44

37

24

17

4

96

85

76

65

56

45

36

25

16

5

95

86

75

66

55

46

35

26

15

6

94

87

74

67

54

47

34

27

14

7

93

88

73

68

53

48

33

28

13

8

92

89

72

69

52

49

32

29

12

9

91

90

71

70

51

50

31

30

11

10

Didn't plan dinner - had to get takeaways

Didn't have any fruit or vegetables today

Didn't do any exercise today

Ate a healthy breakfast

Overate at night after not eating all day

Drank sugary drinks today

Tried a new activity

Not enough sleep

Made dinner with the family

Skipped breakfast

Dinner plate half full of colourful vegetables

Did 60 minutes of exercise

