

MY PLAN FOR RESTORING MY WEIGHT AND HEALTH

Plan Template & Progress Chart

My Plan for Restoring My Weight & Health Plan Template & Progress Chart			Record of Progress					
Meal	Suggested / agreed meal items:		Day & date					
			Indicate amount completed: eg none (-), ¼, ½, ¾, all (v)					
Breakfast Time: Time length: Location: Supporter:	1 st Course							
	2 nd Course							
	Nourishing drink							
Morning snack Time: Time length: Location: Supporter:	Substantial food snack							
	Nourishing drink							
Lunch Time: Time length: Location: Supporter:	1 st Course							
	2 nd Course							
	Nourishing drink							
Afternoon snack Time: Time length: Location: Supporter:	Substantial food snack							
	Nourishing drink							
Evening meal Time: Time length: Location: Supporter:	1 st Course							
	2 nd Course							
	Nourishing drink							
Evening snack Time: Time length: Location: Supporter:	Substantial food snack							
	Nourishing drink							
Notes: eg successes, achievements, lessons learnt, problems to be solved, what helps, what hinders, effective support strategies								