

**My Plan for Restoring My Weight & Health  
plan template & progress chart**

**Day & Date**

Meal	Suggested / agreed meal items		Day & Date						
			<i>Indicate amount completed: eg none (-), 1/4, 1/2, 3/4, all (✓)</i>						
<b>Breakfast</b>  Time: Time length: Location: Supporter:	1 <sup>st</sup> Course								
	2 <sup>nd</sup> Course								
	Nourishing drink								
<b>Morning snack</b>  Time: Time length: Location: Supporter:	Substantial Food snack								
	Nourishing drink								
<b>Lunch</b>  Time: Time length: Location: Supporter:	1 <sup>st</sup> Course								
	2 <sup>nd</sup> Course								
	Nourishing drink								
<b>Afternoon snack</b>  Time: Time length: Location: Supporter:	Substantial Food snack								
	Nourishing drink								
<b>Evening meal</b>  Time: Time length: Location: Supporter:	1 <sup>st</sup> Course								
	2 <sup>nd</sup> Course								
	Nourishing drink								
<b>Evening snack</b>  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*