

**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>						
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*