Our Plan for Restoring Our Child's Weight & Health plan template & progress chart				Day & Date						
Meal	Suggested / agreed meal items									
			Indicate amount completed: eg none (-), 1/4, 1/2, 3/4, all (√)							
Breakfast	1 st Course									
Time: Time length: Location: Supporter:	2 nd Course									
	Nourishing drink									
Morning snack Time: Time length: Location:	Substantial Food snack									
Supporter:	Nourishing drink									
Lunch	1 st Course									
Time: Time length: Location: Supporter:	2 nd Course									
	Nourishing drink									
Afternoon snack Time: Time length:	Substantial Food snack									
Location: Supporter:	Nourishing drink									
Evening meal Time:	1 st Course									
Time length: Location: Supporter:	2 nd Course									
	Nourishing drink									
Time: Time length:	Substantial Food snack									
Location: Supporter:	Nourishing drink				,					
Notes: eg successes, achievements, lessons learnt, problems to be solved, what helps, what hinders, effective support strategies										