

My plan for restoring my weight and health

My Plan for Restoring My Weight & Health Template & Progress Chart			Record of progress (Day & Date)						
Meal	Suggested/Agreed mealtimes								
			Indicate amount completed: e.g., none (-), 1/4, 1/2, 3/4, all (✓)						
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: e.g. successes, achievements, lessons learnt, problems to be solved, what helps, what hinders, effective support strategies									