## Weekly meal & activity planner





|             | Breakfast                    | Lunch                    | Dinner                         | Snacks | Physical activity | Small changes                     |
|-------------|------------------------------|--------------------------|--------------------------------|--------|-------------------|-----------------------------------|
| Example day | Banana and<br>apricot bagels | Tuna and<br>potato salad | Bang-tasty chicken<br>drummers | Fruit  | Swimming          | Sugary drinks<br>swapped to water |
| Monday      |                              |                          |                                |        |                   |                                   |
| Tuesday     |                              |                          |                                |        |                   |                                   |
| Wednesday   |                              |                          |                                |        |                   |                                   |
| Thursday    |                              |                          |                                |        |                   |                                   |
| Friday      |                              |                          |                                |        |                   |                                   |
| Saturday    |                              |                          |                                |        |                   |                                   |
| Sunday      |                              |                          |                                |        |                   |                                   |