

# Weekly meal & activity planner



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

Download next week's planner here: [kent.gov.uk/change4life](http://kent.gov.uk/change4life)