

MEAL & MOVEMENT PLANNER



weight management psychology

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
MORNING TEA							
LUNCH							
AFTERNOON TEA							
DINNER							
PLANNED MOVEMENT							

Use this worksheet to pre-plan meals for the week - put in as much detail as you need to be able to shop for and prepare the meals.

You can also plan in movement for the week - write in the planned type, time, and place for movement.

NB: Planning is not a prescription - it is about being proactive about your eating and moving, which for many is an important skill for lasting transformation