

Your week

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
e.g. Food							
e.g. Activity							
e.g. Smoking							

You may want to use this template to plan your week:

What shall I have for breakfast, lunch and dinner each day?

What times can I be more active this week?

What time will I go to bed?

It can also be useful to jot down any commitments you already have for the week so you can plan around them.

You can also use this template to track your progress later on:

How many pieces of fruit did I have today?

How many minutes of activity did I do?

What time was my first cigarette today?

How much water have I drunk?

How many hours did I sleep?





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This template is blank for you to create your own

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