### Week 1 food and activity chart

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food</td>
<td>Food</td>
<td>Food</td>
<td>Food</td>
<td>Food</td>
<td>Food</td>
<td>Food</td>
</tr>
<tr>
<td>Total calories: 1,363</td>
<td>Total calories: 1,391</td>
<td>Total calories: 1,516</td>
<td>Total calories: 1,305</td>
<td>Total calories: 1,357</td>
<td>Total calories: 1,710</td>
<td>Total calories: 1,309</td>
</tr>
<tr>
<td>✔️</td>
<td>❌</td>
<td>❌</td>
<td>✔️</td>
<td>❌</td>
<td>✔️</td>
<td>❌</td>
</tr>
</tbody>
</table>

Oops! Unplanned snacks or drinks

- crisps 171cal
- 2x choc diges 172cal
- kit kat 107cal
- glass of wine 130cal
- ginger cake 147cal

### Activity

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity</td>
<td>Activity</td>
<td>Activity</td>
<td>Activity</td>
<td>Activity</td>
<td>Activity</td>
<td>Activity</td>
</tr>
<tr>
<td>Total minutes: 15 mins</td>
<td>Total minutes: 15 mins</td>
<td>Total minutes: 75 mins</td>
<td>Total minutes: 15 mins</td>
<td>Total minutes: 60 mins</td>
<td>Total minutes: 40 mins</td>
<td>Total minutes: 60 mins</td>
</tr>
<tr>
<td>walk 15</td>
<td>walk 15</td>
<td>walk 15</td>
<td>walk 15</td>
<td>zumba 60</td>
<td>swim 20</td>
<td>walk 60</td>
</tr>
<tr>
<td>✔️</td>
<td>❌</td>
<td>✔️</td>
<td>❌</td>
<td>✔️</td>
<td>❌</td>
<td>✔️</td>
</tr>
</tbody>
</table>

### Your 5 a day

- ✔️ ✔️ ✔️ ✔️ ✔️ ✔️ ✔️

### Weekly summary

**Start of the week**

- Weight: 172lbs
- Waist: 44in

**End of the week**

- Weight: 170lbs
- Waist: 44in

### Your weight loss tracker

Record your weight and waist size at the start and end of each week to help you stay on track.

**1 session on 2 or more days a week**

### Activity summary

- Aerobic exercise: 10 mins, 30 mins, 60 mins, 90 mins, 120 mins, 150 mins +
- Strength exercise: mon, tue, wed, thu, fri, sat, sun

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**Notes:**
- Track your progress weekly to see improvements in your weight and waist size.
- Aim for a balanced diet and regular exercise for optimal results.

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**Sample data:**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Food</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>walk 15</td>
<td>crisps</td>
<td>171cal</td>
</tr>
<tr>
<td>walk 15</td>
<td>2x choc diges</td>
<td>172cal</td>
</tr>
<tr>
<td>walk 15</td>
<td>kit kat</td>
<td>107cal</td>
</tr>
<tr>
<td>walk 15</td>
<td>glass of wine</td>
<td>130cal</td>
</tr>
<tr>
<td>walk 15</td>
<td>ginger cake</td>
<td>147cal</td>
</tr>
</tbody>
</table>

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**Tips:**
- Use myplate.gov for guidance on a balanced diet.
- Join a fitness group to stay motivated.

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**References:**
- NHS Choices
- CDC Healthy Weight Guide

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**Further resources:**
- WW (Weight Watchers)
- MyFitnessPal
- Fitbit

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**Contact:**
- Your local health center for personalized advice.