

Week 1 food and activity chart











Start of the week

Weight

Waist

Aerobic exercise:

Your weight loss tracker - Record your weight and waist size at the start and end of each week to help you stay on track

Weekly summary

120 mins

150 mins +

End of the week

Weight

Waist

cms/in

1 session on 2 or more days a week

kg/lbs

cms/in



Week 1 food and activity chart

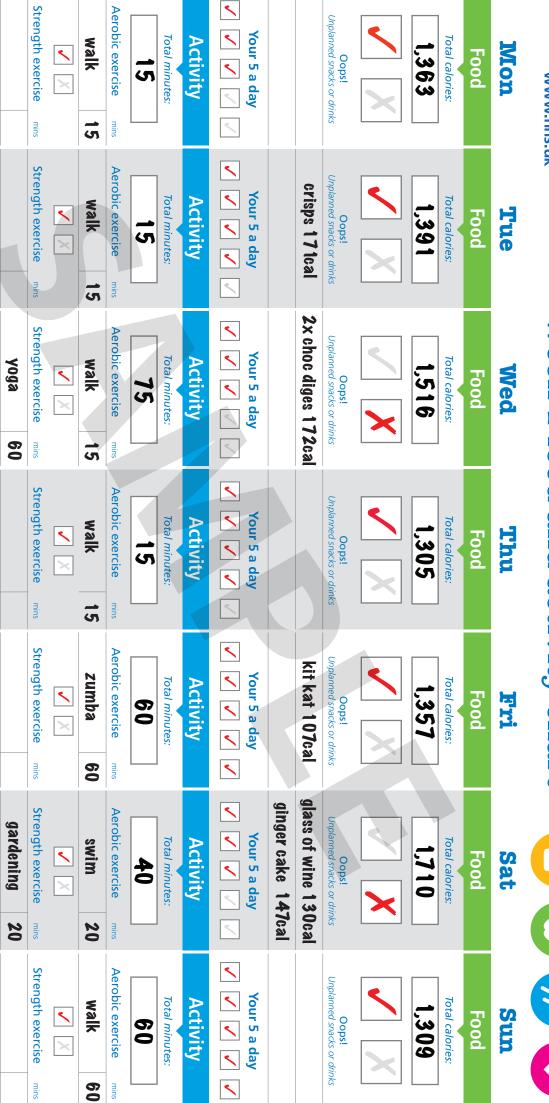
















Total calories:

Food

Mon

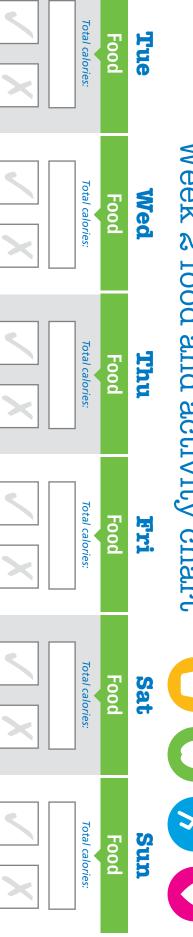
Week 2 food and activity chart













Start of the week

Weight

Waist

Aerobic exercise:

60 mins

120 mins

150 mins +

End of the week

Weight

Waist

cms/in

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

kg/lbs

cms/in



Week 3 food and activity chart













Start of the week

Weight

Waist

Aerobic exercise:

60 mins

120 mins

150 mins +

End of the week

Weight

Waist

cms/in

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

kg/lbs

cms/in



Week 4 food and activity chart













Week 5 food and activity chart













Start of the week

Weight

Waist

Aerobic exercise:

60 mins

120 mins

150 mins +

End of the week

Weight

Waist

cms/in

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

kg/lbs

cms/in



Week 6 food and activity chart

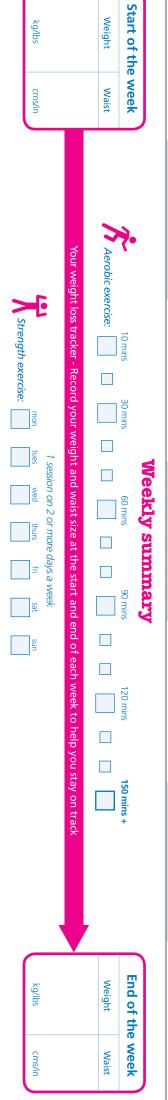








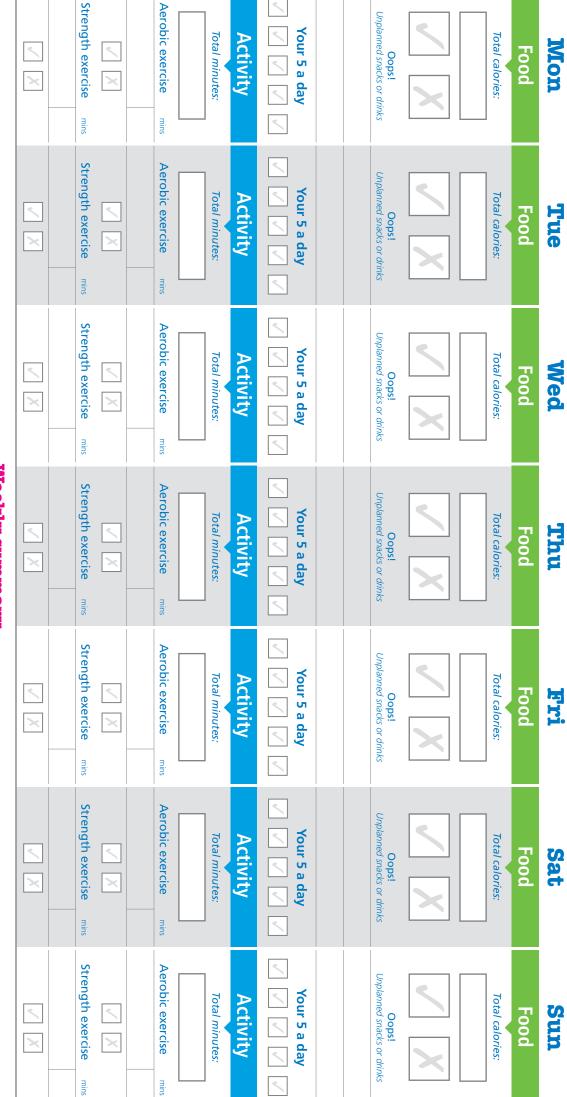






Week 7 food and activity chart







kg/lbs



Week 8 food and activity chart











Start of the week

Weight

Waist

Aerobic exercise:

60 mins

120 mins

150 mins +

End of the week

Weight

Waist

cms/in

Weekly summary

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

kg/lbs

cms/in



Week 9 food and activity chart











Start of the week

Weight

Waist

Aerobic exercise:

60 mins

120 mins

150 mins +

End of the week

Weight

Waist

cms/in

Weekly summary

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

kg/lbs

cms/in



Week 10 food and activity chart











Start of the week

Weight

Waist

Aerobic exercise:

60 mins

120 mins

150 mins +

End of the week

Weight

Waist

cms/in

Weekly summary

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

kg/lbs

cms/in



Week 11 food and activity chart















Week 12 food and activity chart











Start of the week

Weight

Waist

Aerobic exercise:

60 mins

120 mins

150 mins +

End of the week

Weight

Waist

cms/in

Weekly summary

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

kg/lbs

cms/in