**Weekly** Meal+Exercise **Planner**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Breakfast** | **Lunch** | **Dinner** | **Snack** | **Serves** | **Exercise** |  |
| **Mon** |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |
| **Tues** |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |
| **Wed** |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |
| **Thur** |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |
| **Fri** |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |
| **Sat** |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |
| **Sun** |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |

Goal for the week:

**Daily Serves**

**= 2 = 5**

**= 3 – 6**

**= 2 – 3**

**= 2 – 3**

 Daily Exercise

Aim for **30 minutes** of moderate intensity physical activity each day.