

BRAINSTORM

Write down all your meal ideas for the week.

MEAL PLAN








Organise your meals into specific days.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
SNACK							

GROCERY LIST

Look at your meal plan and write down items you need

HOW I FELT TODAY

MONDAY	WATER INTAKE 
TUESDAY	WATER INTAKE 
WEDNESDAY	WATER INTAKE 
THURSDAY	WATER INTAKE 
FRIDAY	WATER INTAKE 
SATURDAY	WATER INTAKE 
SUNDAY	WATER INTAKE 

BE PART OF IT www.staffsunion.com/whatson

