



WEEKLY MEAL PLAN & ACTIVITY PLANNER

Use the chart below to plan your meals and activity for the week. Five small meals each day helps keep you full and less likely to make poor food choices. Plan your 5K Runs and other fitness ahead of time.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
ACTIVITY							