

Day	Time of day	Description of food, drinks & shakes	Beverage Consumed: number of cups.	Number of calories	Number of steps or exercise description & time
MONDAY	Breakfast				
	Morning tea				
	Lunch				
	Afternoon tea				
	Dinner				
	After dinner				
	Hours of sleep				
Day	Time of day	Description of food, drinks & shakes	Beverage Consumed: number of cups.	Number of calories	Number of steps or exercise description & time
TUESDAY	Breakfast				
	Morning tea				
	Lunch				
	Afternoon tea				
	Dinner				
	After dinner				
	Hours of sleep				
Day	Time of day	Description of food, drinks & shakes	Beverage Consumed: number of cups.	Number of calories	Number of steps or exercise description & time
WEDNESDAY	Breakfast				
	Morning tea				
	Lunch				
	Afternoon tea				
	Dinner				
	After dinner				
	Hours of sleep				
Day	Time of day	Description of food, drinks & shakes	Beverage Consumed: number of cups.	Number of calories	Number of steps or exercise description & time
THURSDAY	Breakfast				
	Morning tea				
	Lunch				
	Afternoon tea				
	Dinner				
	After dinner				
	Hours of sleep				

Day	Time of day	Description of food, drinks & shakes	Beverage Consumed: number of cups.	Number of calories	Number of steps or exercise description & time
FRIDAY	Breakfast				
	Morning tea				
	Lunch				
	Afternoon tea				
	Dinner				
	After dinner				
	Hours of sleep				
Day	Time of day	Description of food, drinks & shakes	Beverage Consumed: number of cups.	Number of calories	Number of steps or exercise description & time
SATURDAY	Breakfast				
	Morning tea				
	Lunch				
	Afternoon tea				
	Dinner				
	After dinner				
	Hours of sleep				
Day	Time of day	Description of food, drinks & shakes	Beverage Consumed: number of cups.	Number of calories	Number of steps or exercise description & time
SUNDAY	Breakfast				
	Morning tea				
	Lunch				
	Afternoon tea				
	Dinner				
	After dinner				
	Hours of sleep				



FOOD & DRINKS: No more than 1200 calories a day. **DRINK:** 8 + cups of water or low calorie/no calorie drinks a day. **EXERCISE:** At least 30 minutes of exercise a day or 10,000 steps a day . **SLEEP - 8 Hours a day . GOLD STAR ACHIEVEMENT.**



WEEKLY TOTAL	Total number of Calories 8400 or under.		<h3>Measuring your waist</h3> <table border="1"> <tr> <td>88cm and above</td> <td>High Risk</td> </tr> <tr> <td>80 - 87cm</td> <td>At Risk</td> </tr> <tr> <td>79 cm and under</td> <td>Low Risk</td> </tr> </table> <p>To Measure waist , find the top of your hip bone and the bottom of your ribs</p> <p>Healthy BMI Is 18.5 - 24.9 (BMI = kg/m² where kg is a person's weight in kilograms and m² is their height in metres square)</p>	88cm and above	High Risk	80 - 87cm	At Risk	79 cm and under	Low Risk
	88cm and above	High Risk							
	80 - 87cm	At Risk							
	79 cm and under	Low Risk							
	Total cups of water or low Calorie drinks. 56 cups or more.								
	Total exercise time- 3.5 hours a week, or 70,000 steps a week,								
Weigh -in weekly at same time, same clothes ,before a meal.									
BMI - Height , Weight, and Waist circumference									
Total hours of sleep- 56 hours a week.									