

# WEEKLY PLANNER

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



U.S. Department of Health and Human Services  
Office on Women's Health

1

Decide to live a healthy lifestyle

2

See where you are now

3

Understand healthy eating

4

Recognize the benefits of physical activity

5

Set goals and plan

6

Shop, cook, eat together

7

Support a healthy lifestyle for your family

www.womenshealth.gov  
800-994-WOMAN (9662)  
TDD: 888-220-5446

