

Weight Management Worksheet

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Off	E-35 B	E-35 B	E-35	E-35	E-35	E-35
Off	E-40 B	E-40 B	E-40 B	E-40 B	E-40	E-40
Off	E-45 B	E-45 B	E-45 B	E-45 B	E-45 B	E-45 B
Off	E-45 B L	E-45 B L	E-45 B	E-45 B	E-45 B	E-45 B
Off	E-45 B L	E-45 B L	E-45 B L	E-45 B L	E-45 B	E-45 B
Off	E-45 B L	E-45 B L	E-45 B L	E-45 B L	E-45 B L	E-45 B L
Off	E-45 B L D	E-45 B L D	E-45 B L	E-45 B L	E-45 B L	E-45 B L
Off	E-45 B L D	E-45 B L D	E-45 B L D	E-45 B L D	E-45 B L	E-45 B L
Off	E-45 B L D	E-45 B L D	E-45 B L D	E-45 B L D	E-45 B L D	E-45 B L D

E-Exercise. Over 3 weeks, you gradually increase your exercise from 30 to 45 minutes every day. E-35 is 35 minutes of exercise every day, etc.

B-Breakfast. Over 3 weeks, you gradually implement the healthy breakfast plan. See the Weight Management Helpful Hints Sheet (**WMHHS**).

L-Lunch. Over 3 weeks, you gradually implement the healthy lunch plan. See the **WMHHS**.

D-Dinner. Over 3 weeks, you gradually implement the healthy dinner plan. See the **WMHHS**.