

Our Plan for Restoring Our Child's Weight & Health plan template & progress chart			Day & Date						
Meal	Suggested / agreed meal items								
			Indicate amount completed: eg none (-), 1/4, 1/2, 3/4, all (✓)						
Breakfast Time: Time length: Location: Supporter:	1 st Course								
	2 nd Course								
	Nourishing drink								
Morning snack Time: Time length: Location: Supporter:	Substantial Food snack								
	Nourishing drink								
Lunch Time: Time length: Location: Supporter:	1 st Course								
	2 nd Course								
	Nourishing drink								
Afternoon snack Time: Time length: Location: Supporter:	Substantial Food snack								
	Nourishing drink								
Evening meal Time: Time length: Location: Supporter:	1 st Course								
	2 nd Course								
	Nourishing drink								
Evening snack Time: Time length: Location: Supporter:	Substantial Food snack								
	Nourishing drink								
Notes: eg successes, achievements, lessons learnt, problems to be solved, what helps, what hinders, effective support strategies									