***KICK IT: A Guide to Smoking Cessation in the Workplace***

**My Healthy Weight Planner**

This is a *guide* to help you plan out your weekday meals and allocate time to incorporate physical activity (PA). Make it your own. Select healthy food ingredients you like to eat and what fits your lifestyle. Be specific, realistic and have fun!

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MON | TUES | WED | THURS | FRI |
| MORNING | Breakfast: PA routine:  | Breakfast: PA routine:  | Breakfast: PA routine:  | Breakfast: PA routine:  | Breakfast: PA routine:  |
| MID-MORNING | Snack:Active Break:  | Snack:Active Break:  | Snack:Active Break:  | Snack:Active Break:  | Snack:Active Break:  |
| AFTERNOON | Lunch: | Lunch: | Lunch: | Lunch: | Lunch: |
| MID-AFTERNOON | Snack:Active Break: | Snack:Active Break: | Snack:Active Break: | Snack:Active Break: | Snack:Active Break: |
| EVENING | Dinner:PA activity:  | Dinner:PA activity:  | Dinner:PA activity:  | Dinner:PA activity:  | Dinner:PA activity:  |