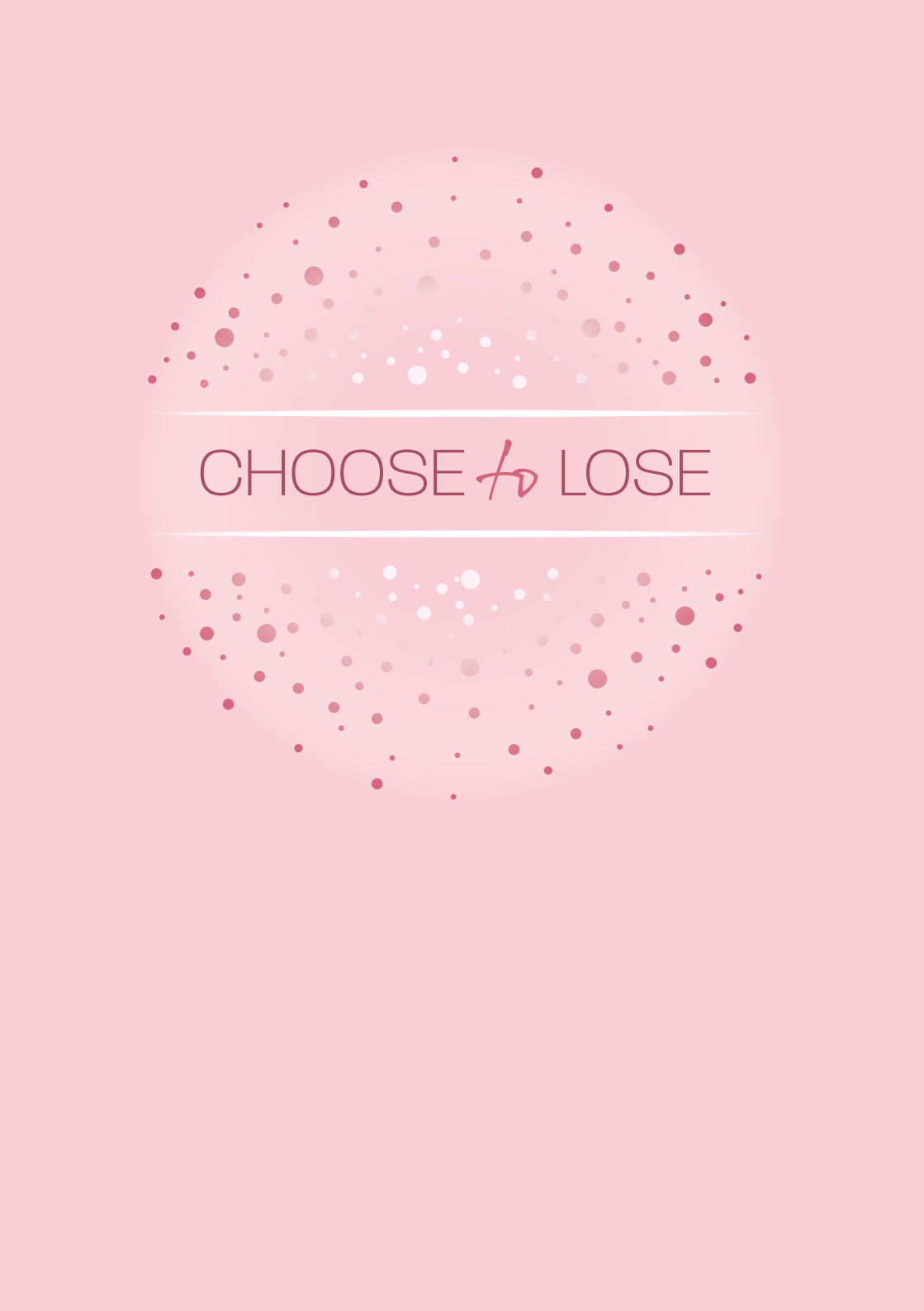




CHOOSE *to* LOSE

Ability

determines what you are
capable of doing

Motivation

determines what you do

Attitude

determines how well you do it

Momentum

determines at what speed
you succeed

My Why

Your why is your reason for joining us today,
why now, why this week?

It helps if it's something specific and it also
helps if you write it down.

My How

Your how is how you are going to achieve that
WHY. By doing more exercise, eating smaller
portions, tracking your calories?

My favourite food

Half a tin of tomatoes

38 cals

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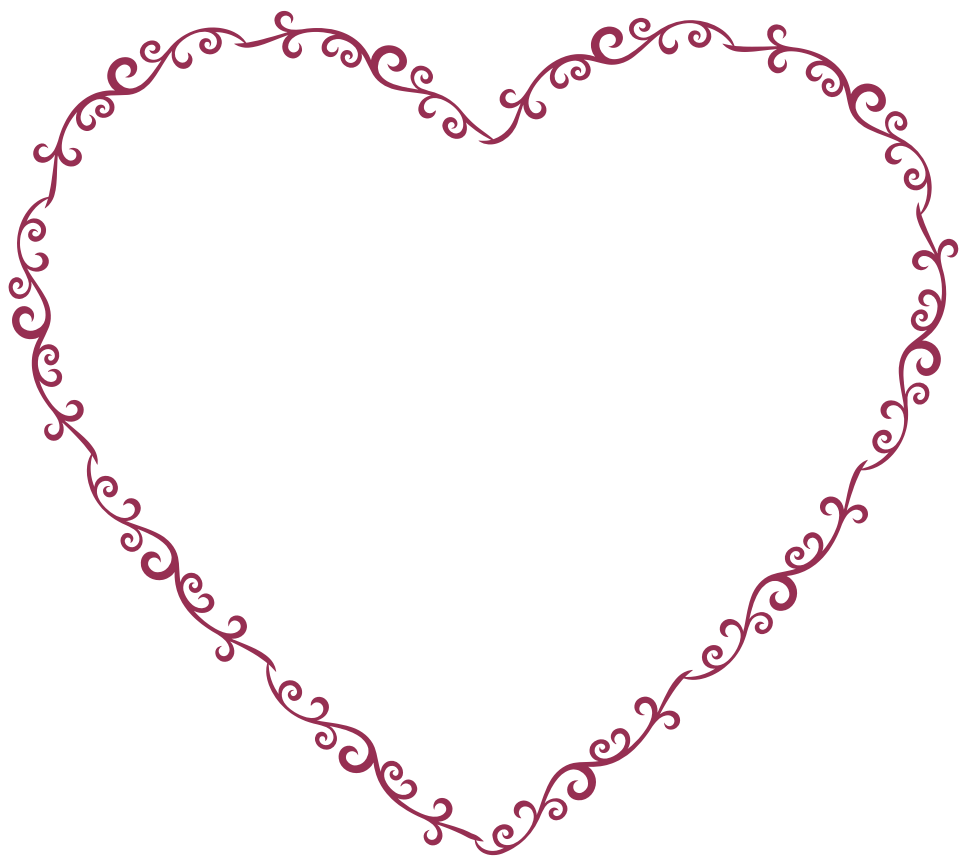


Double cream	15ml	69cal
Single cream	15ml	28cal
Skimmed milk	30ml	10cal
Semi-skimmed milk	30ml	14cal
Whole milk	30ml	19cal
Alpro almond (unsweetened)	40ml	5cal
Soya (unsweetened)	40ml	10cal
Egg (whole raw)	50g	66cal
Egg (white)	32g	14cal
Egg (yolk)	18g	62cal

Cheddar cheese	30g	125cal
Red Leicester	30g	121cal
Feta cheese	30g	75cal
Mini Babybel light	20g	41cal
Halloumi cheese	40g	125cal
Cottage cheese (plain)	60g	62cal
Cream cheese (low fat)	30g	30cal



*Add stickers or
decorate for each
achievement*



This week's meal planner

Date

Day	Breakfast	Lunch	Dinner

It's a plan

My week ahead

My aim this week



My reason to keep going



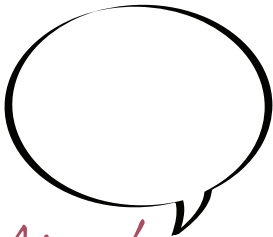
Goal/challenges to come

*You can
do this*

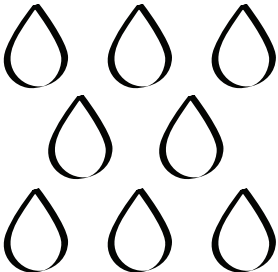
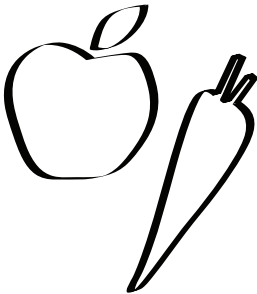


Date Week

Breakfast		Lunch	
Dinner		Snacks	

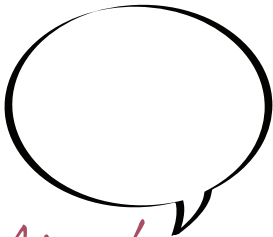


Mood

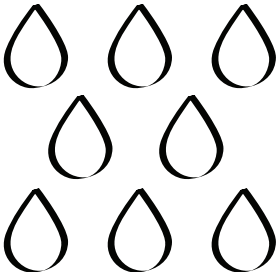
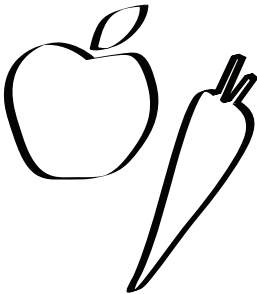


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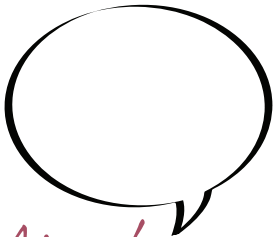


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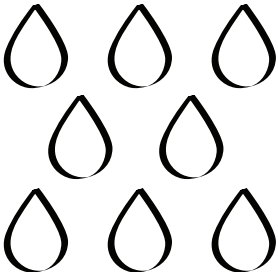
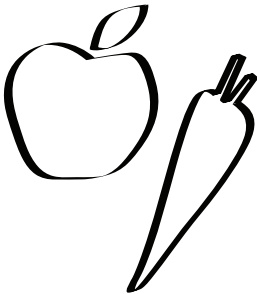


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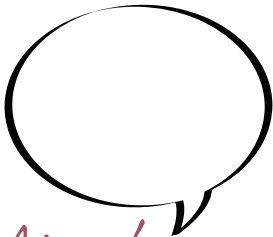


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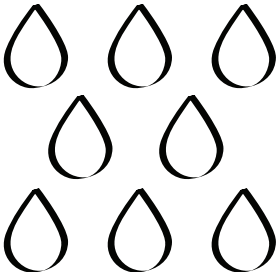
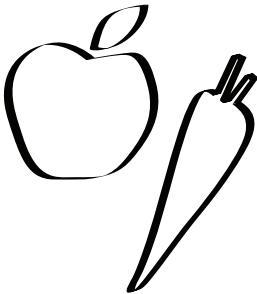


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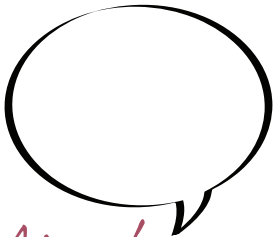


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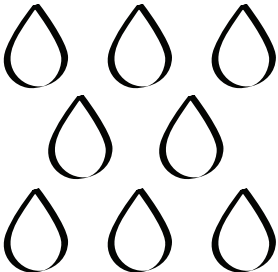
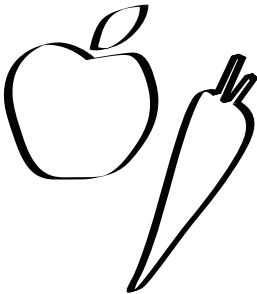


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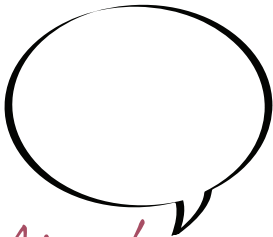


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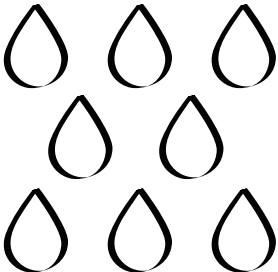
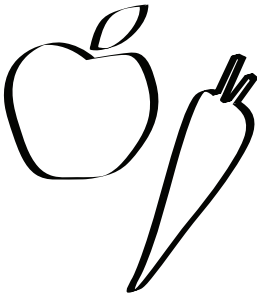


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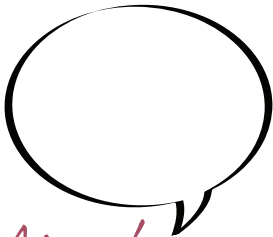


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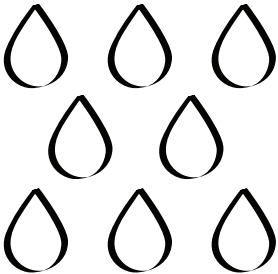
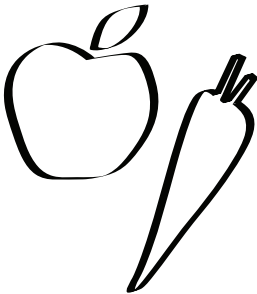


Date Week

Breakfast		Lunch	
Dinner		Snacks	



Mood



Time to reflect



Success

This week's meal planner

Date

Day	Breakfast	Lunch	Dinner

It's a plan

My week ahead

My aim this week



My reason to keep going



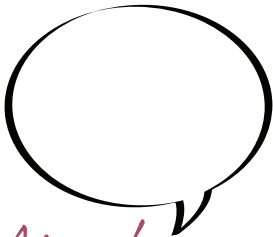
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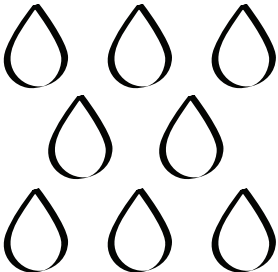
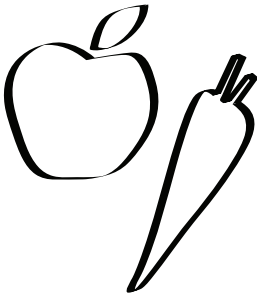


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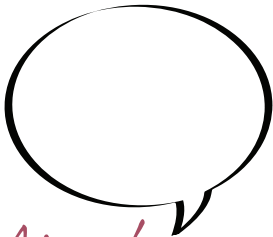


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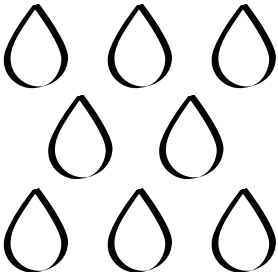
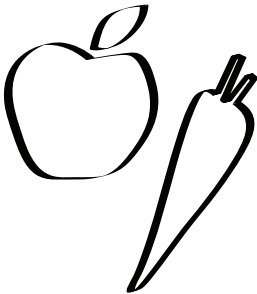


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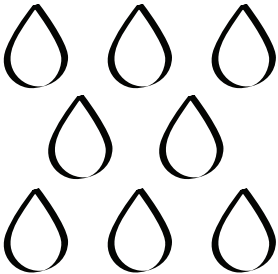
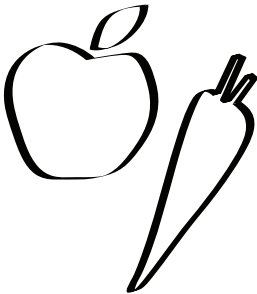
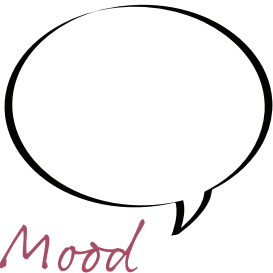


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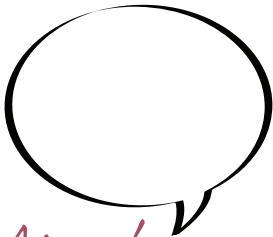
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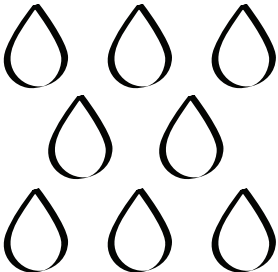
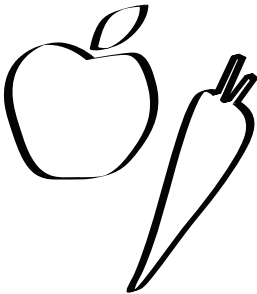


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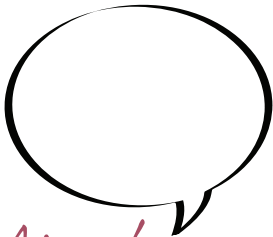


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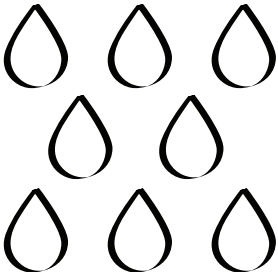
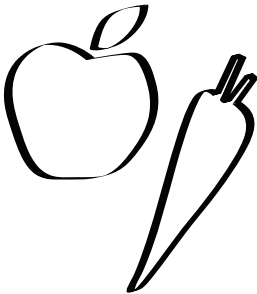


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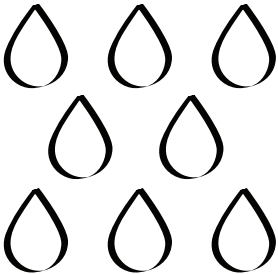
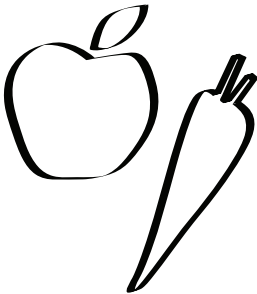
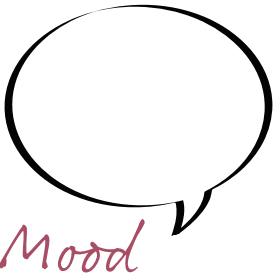


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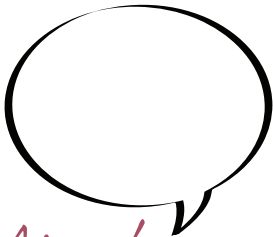
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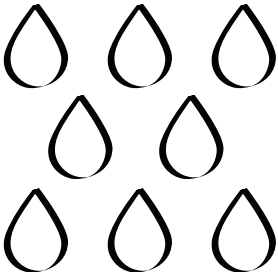
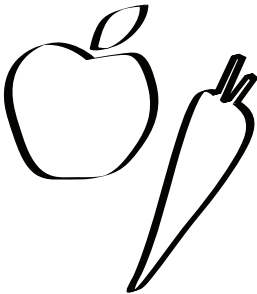


Date Week

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Mood

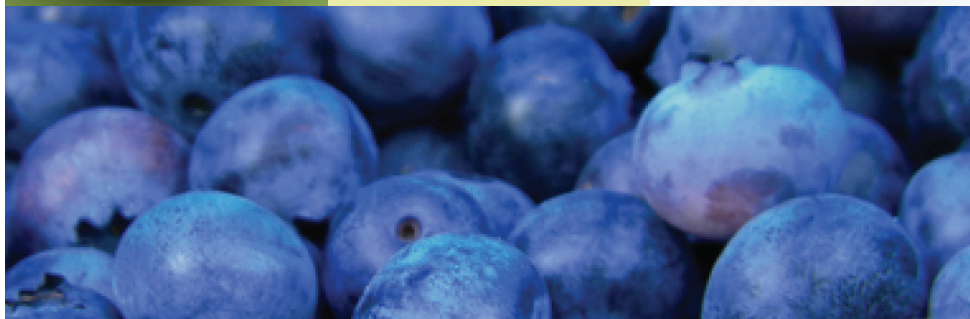
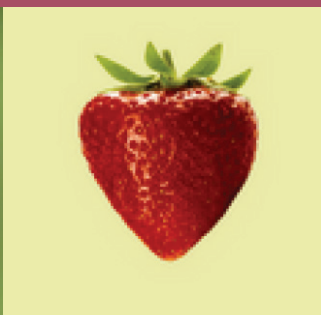


Time to reflect

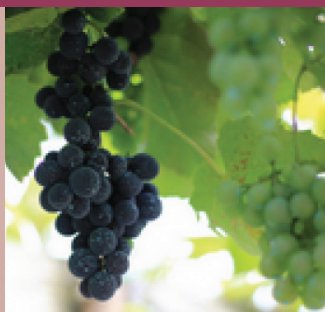


Success

What's in your fruit?



Apple	182g	95cal	Peach	150g	59cal
Blueberries	144g	84cal	Raspberries	123g	64cal
Banana	125g	111cal	Rhubarb	51g	11cal
Grapes	151g	104cal	Strawberries	152g	49cal
Orange	131g	62cal	Tangerine	88g	47cal
Pear	178g	101cal	Watermelon (plain)	286g	86cal
Plums	66g	30cal			



This week's meal planner

Date

Day	Breakfast	Lunch	Dinner

It's a plan

My week ahead

My aim this week



My reason to keep going



Goal/challenges to come



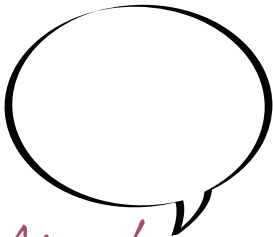
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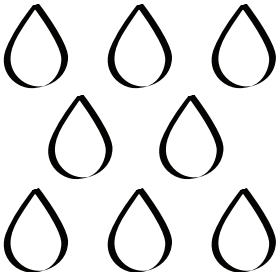
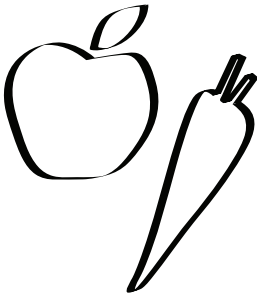
Recipe or food to try

Date Week

Breakfast		Lunch	
Dinner		Snacks	

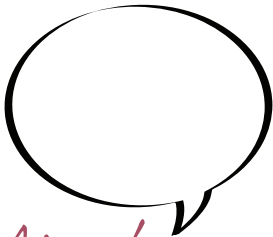


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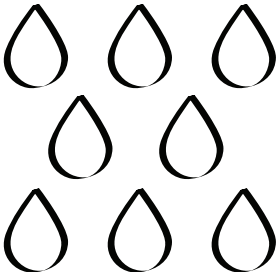
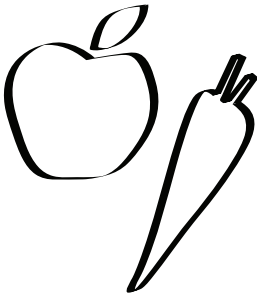


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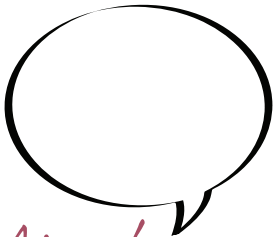


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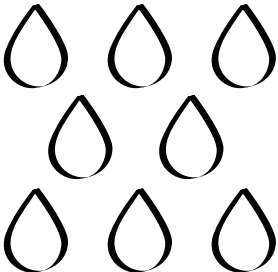
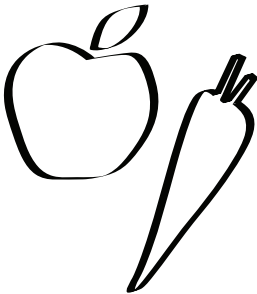


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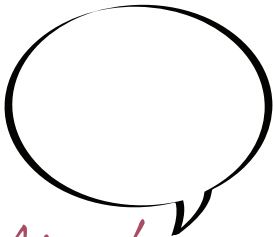


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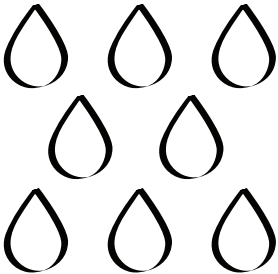
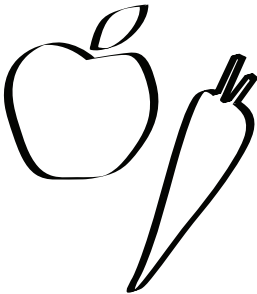


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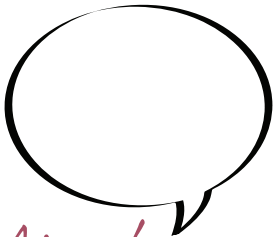


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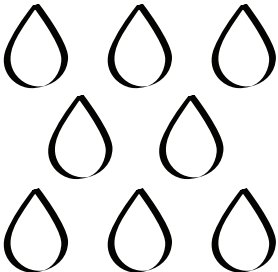
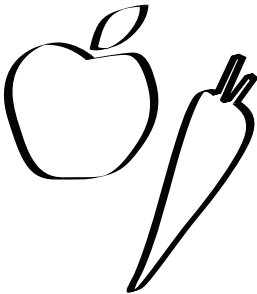


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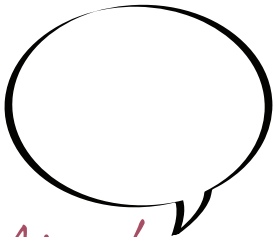


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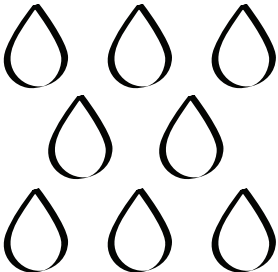
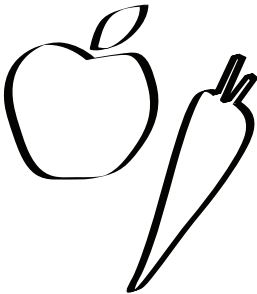


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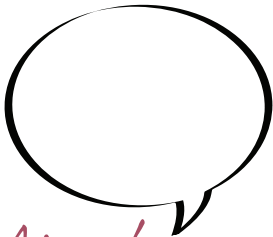


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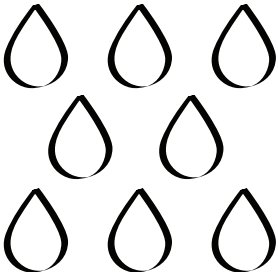
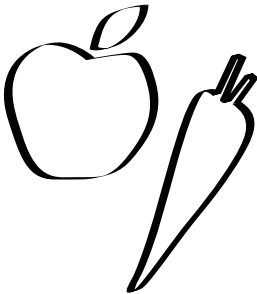


Date Week

Breakfast		Lunch	
Dinner		Snacks	



Mood



Time to reflect



Success



Cooked meats - 1 slice

Ham	33cal
Chicken breast	17cal
Corned beef	53cal
Parma ham	38cal
Turkey breast	22cal
Pastrami	39cal
Roast pork	52cal
Roast beef	56cal

Sausages - 100g grilled

Pork	294cal
Cumberland	352cal
Chicken	175cal
Lincolnshire	294cal
Richmond	268cal
Heck chicken italia	137cal
Beef	265cal



Bacon rasher - grilled

Back	72cal
Medallion	28cal
Streaky	29cal
Turkey	38cal

This week's meal planner

Date

Day	Breakfast	Lunch	Dinner

It's a plan

My week ahead

My aim this week



My reason to keep going



Goal/challenges to come

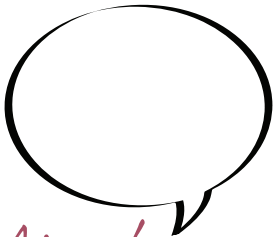


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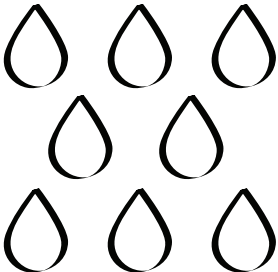
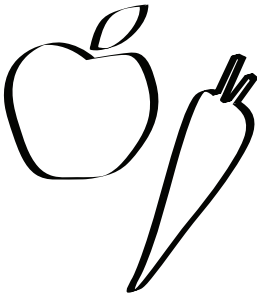


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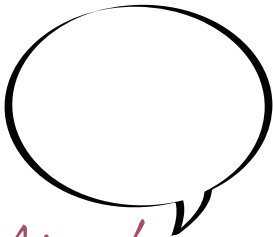


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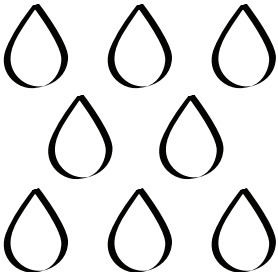
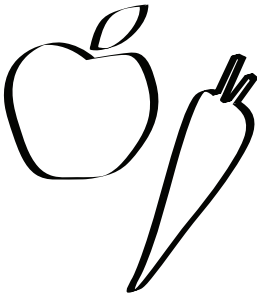


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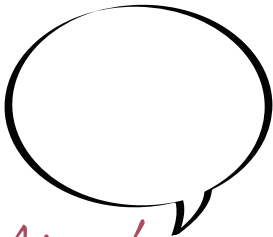


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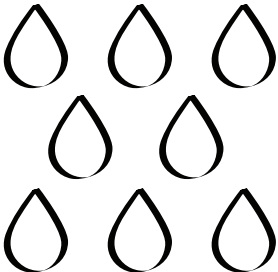
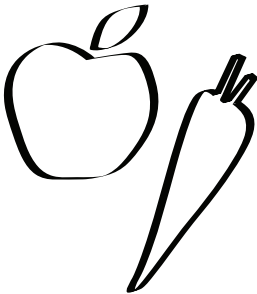


Date Week

Breakfast		Lunch	
Dinner		Snacks	

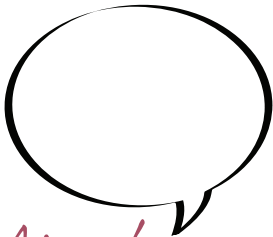


Mood

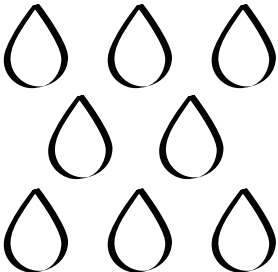
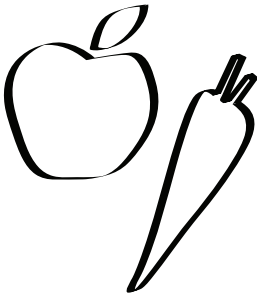


Date Week

Breakfast		Lunch	
Dinner		Snacks	

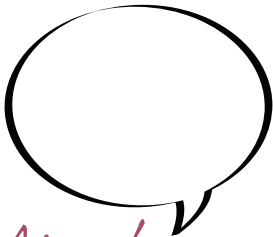


Mood

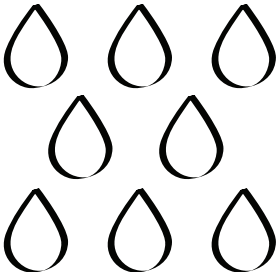
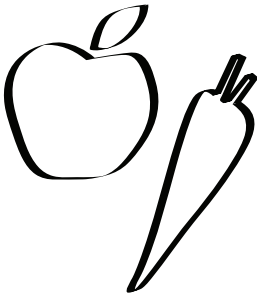


Date Week

Breakfast		Lunch	
Dinner		Snacks	

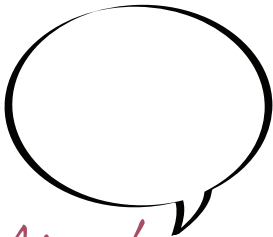


Mood

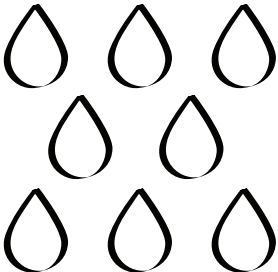
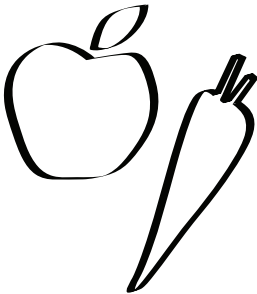


Date Week

Breakfast		Lunch	
Dinner		Snacks	

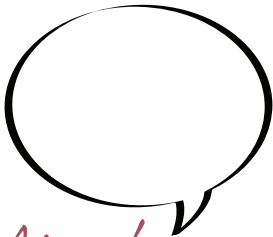


Mood

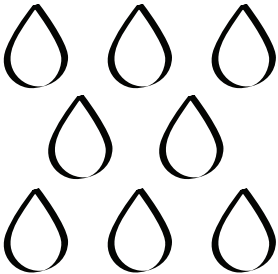
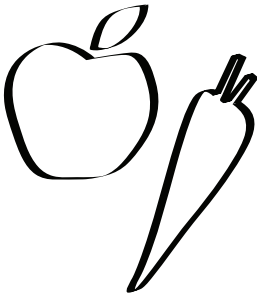


Date Week

Breakfast		Lunch	
Dinner		Snacks	



Mood



Time to reflect



Success

Weekly weigh-in record

Start weight

I'm aiming for

Date	Weight	+/-	Total

Momentum

Ability Attitude

Motivation

Review of the first four weeks

Handwriting practice lines consisting of 12 sets of three horizontal lines (top, middle, and bottom) for writing practice.

Ability

Motivation

Attitude

Momentum

The image features a light pink background filled with numerous small, semi-transparent bubbles of varying sizes. A central, slightly darker pink rectangular box contains the text. The text is in a dark pink color, with 'CHOOSE' and 'LOSE' in a clean, sans-serif font, and 'to' in a cursive script font.

CHOOSE *to* LOSE