

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 BREAKFAST						<input type="checkbox"/> COOKED A BIG BREAKFAST	
 LUNCH		<input type="checkbox"/> ATE MY LUNCH OUTSIDE	<input type="checkbox"/> COOKED SOMETHING NEW		<input type="checkbox"/> BROUGHT LUNCH FOR A FRIEND		
 SNACKS	<input type="checkbox"/> ATE MY FAV SNACK	<input type="checkbox"/> ATE A NEW FRUIT		<input type="checkbox"/> TRIED A NEW VARIETY OF NUT			<input type="checkbox"/> HAD A GREEN SMOOTHIE
 DINNER				<input type="checkbox"/> COOKED A VEGETARIAN DINNER	<input type="checkbox"/> COOKED MY FAVOURITE MEAL		
 EXERCISE	<input type="checkbox"/> WALKED SOMEWHERE NEW		<input type="checkbox"/> EXERCISED WITH A FRIEND				<input type="checkbox"/> MEDITATED

Weekly meal planner

RUSU COMPASS
RMIT UNIVERSITY STUDENT UNION DROP-IN CENTRE

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