

My Light2live journey

Day:		Date:			
Food	Planned	Actual	Daily nutrients		
Breakfast			Category	Portions	Target
			Green veg		3
			Coloured veg		2
Lunch			Legumes		1
			Fruit		4
			Starch veg		1
Dinner			Whole grains		1
			Nuts and seeds		2
			Top 5 total:	0	11
Snacks			Animal products		0
			Sugar, flour goods		0
Treats			Coffee, alcohol		0
			Other		0
TODAY, I am thankful for...	1				
	2				
	3				
	4				
	5				
What did I do well today?					
Stress. Where? How did I manage it?					
What will I do better tomorrow?					
Where did I show kindness to someone today?					

