



MEAL ADHERANCE CHART

Track your progress

Use this chart to track your meals and see how many adhere to the healthy eating guidelines.

- ✓ Each time your meal is compliant, put a tick in the box
- ✗ Each time your meal isn't compliant, put a cross in the box
- Each time you take some action but are not fully compliant, put a dash in the box.

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	DRINKS
DAY 1						
DAY 2						
DAY 3						
DAY 4						
DAY 5						
DAY 6						
DAY 7						