

Please write a plan to help your friend to start eating healthier. Using the 7 day activity log you were provided and what you know about your friend, create a 7 day plan of steps your friend can take to start eating healthier.

Your plan should be as detailed as possible. For each day of the week you should list the steps the person should to take in detail. Your plan should be something the person can achieve in the next week and that they will want to do. Please customize the plan based on your best judgment. You can consult any external resources as you work, but please do not talk with your friend about the plan.

If you need any additional information, that could help you in creating this plan, please list that in this document.

**Activity log:** <url anonymized for submission>

**Sample method to fill in the plan** (recommended format, but adapt as needed for your plan):

time of day | meal name | meal content | notes

8 AM | breakfast | sandwich with whole wheat bread, ham and veggies | some explanation why this item is a healthy decision

**Your activity log:**

**Monday**

\_\_\_ | breakfast |  
\_\_\_ | lunch |  
\_\_\_ | dinner |  
\_\_\_ | snack |

**Tuesday**

\_\_\_ | breakfast |  
\_\_\_ | lunch |  
\_\_\_ | dinner |  
\_\_\_ | snack |

**Wednesday**

\_\_\_ | breakfast |  
\_\_\_ | lunch |  
\_\_\_ | dinner |  
\_\_\_ | snack |

**Thursday**

\_\_\_ | breakfast |  
\_\_\_ | lunch |  
\_\_\_ | dinner |  
\_\_\_ | snack |

**Friday**

\_\_\_ | breakfast |  
\_\_\_ | lunch |  
\_\_\_ | dinner |  
\_\_\_ | snack |

**Saturday**

\_\_\_ | breakfast |  
\_\_\_ | lunch |  
\_\_\_ | dinner |  
\_\_\_ | snack |

**Sunday**

\_\_\_ | breakfast |  
\_\_\_ | lunch |  
\_\_\_ | dinner |  
\_\_\_ | snack |