



ACTIVITY

THE FAT LOSS *Toolkit*



CALENDAR/PLANNING

5.30

6

6.30

7

7.30

8

8.30

9

9.30

10

10.30

11

11.30

12

12.30

1

1.30

2

2.30

3

2.30

3

3.30

4

4.30

5

5.30

6

6.30

7

7.30

8

8.30

9

9.30

10

10.30

11

11.30

12

THU

TOTALS:

SLEEP:

WALKING:

SITTING:

COMMUTING:

DRIVING:

HOME ADMIN:

HOUSEWORK:

COOKING:

EATING:

TV:

READING:

ACTIVITY:

OTHER:

NOTES: