




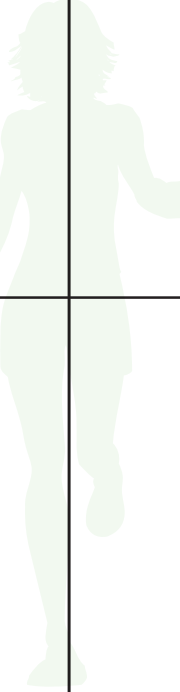
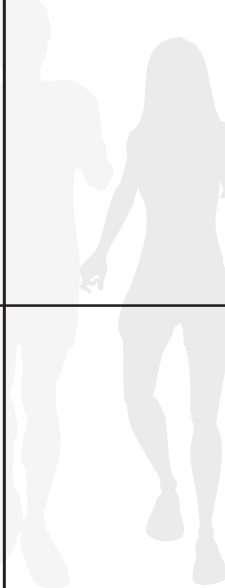






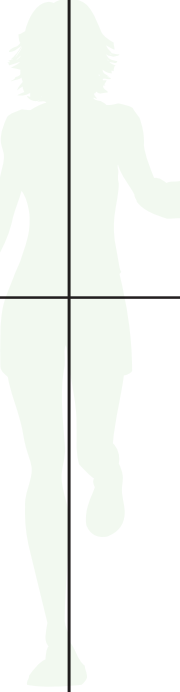
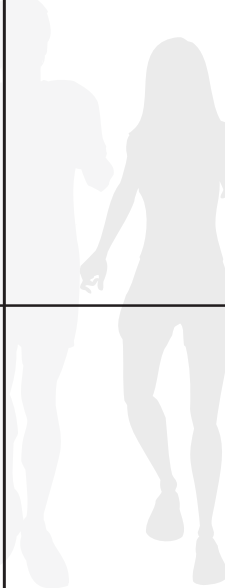



# Weekly Meal Planner

Date / /	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>BREAKFAST</b> 							
<b>LUNCH</b> 							
<b>DINNER</b> 							
<b>SNACK</b> 							

To find out more about Active Families, contact Sport Southland on  
**0800 ACTIVE (0800 228 483)**

# Weekly Activity Planner

Date / /	MON	TUES	WED	THUR	FRI	SAT	SUN
Morning							
							
Afternoon							
							
Rate (1-10)							
Sleep							
Energy Levels							
Overall Mood							

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