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Weekly *Wellness* Planner.

You can feel well this week.

Small, steady steps toward feeling more like yourself. Backed by science. Made for you.

Sleep | Movement | Mood | Nutrition

www.breastcanceruk.org.uk

Hello and welcome to the new you.

Thank you for downloading your planner. Your donation helps fund vital research and education into breast cancer prevention. We couldn't do our work without people like you.

This is why we've created our Weekly Wellness Planner. For you.

Small, everyday choices add up. Sleep, movement, food, and how you're feeling all play a part in your health, and this planner is here to help you notice the patterns and build habits that stick (and that help reduce your breast cancer risk).

There's no pressure to get it perfect. Just track what feels right for you, one week at a time.

From all of us at Breast Cancer UK.

This week's focus.

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One small win I'm aiming for this week: _____

1 = 1 HOUR 1 = 20 MINUTES HAPPY, NEUTRAL, SAD 1 = 1 CUP

WELLNESS LOG

	Sleep tracker	Exercise Log	Mood Tracker	Daily Water Tracker
M				
T				
W				
T				
F				
S				
S				

Weekly habit tracker.

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HABIT TRACKER

	M	T	W	T	F	S	S

TO-DO LIST

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....

Weekly food planner.

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DAY	BREAKFAST	LUNCH	DINNER
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

REMEMBER TO...



- Eat plenty of vegetables and fruit.
- Fill up on fibre.
- Choose healthier fats.
- Limit processed meat.
- Eat fewer ultra-processed foods.
- Try plant-based meals
- Include foods high in calcium
- Don't rely on supplements.

Weekly shopping list.

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Fruit and veg

1.
2.
3.
4.
5.
6.
7.
8.

Protein and eggs

1.
2.
3.
4.
5.
6.
7.
8.

Dairy and alternatives

1.
2.
3.
4.
5.
6.
7.
8.

Grains, nuts and bread

1.
2.
3.
4.
5.
6.
7.
8.

Snacks and beverages

1.
2.
3.
4.
5.
6.
7.
8.

Household and toiletries

1.
2.
3.
4.
5.
6.
7.
8.

Nutritional information.

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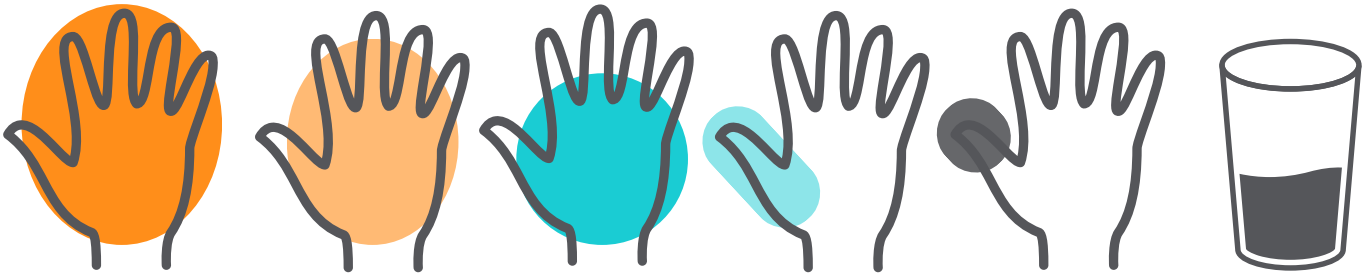
BENEFITS OF MEAL PLANNING

Planning meals ahead of time and writing a shopping list is the best way to ensure you always have balanced and nutritious food. You are much less likely to end up eating ready meals, takeaways, or eating out.

There are many benefits to meal planning:

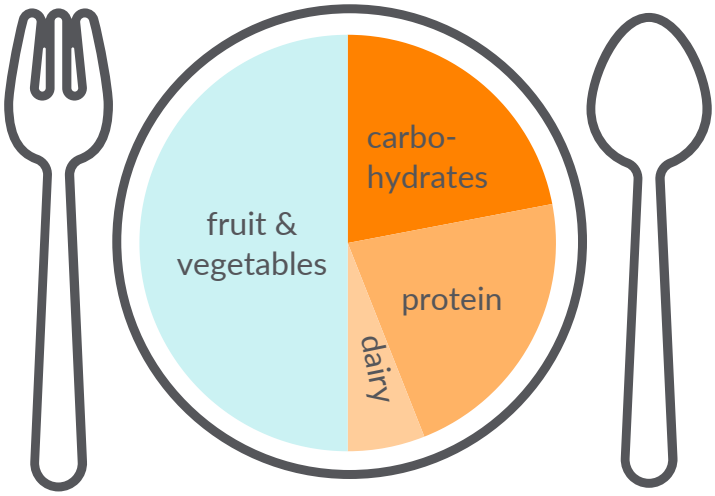
- Meet your nutritional needs
- Add variety to your diet
- Reach your nutrition & health goals
- Improve your cooking skills
- Cost-effective
- Reduce food waste
- Efficient food shopping
- Less stress

PORTIONS THROUGH THE DAY - use your hands as a rough guide



5+ portions of fruit & vegetables | 3-4 portions of carbohydrates | 2-3 portions of proteins | 2-3 portions of dairy & alternatives | 1 portion of unsaturated oils & spreads | 6-8 glasses of fluids

BUILD YOUR PLATE



- Vegetables and fruits ~ ½ of your plate
- Carbohydrates ~ ¼ of your plate
- Protein ~ ¼ of your plate
- Some dairy and alternatives
- Small amount unsaturated oils & spreads

unsaturated oils & spreads

Wins of the week.

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WEEKLY LOG

The best part of the week was:

3 good things that happened this week:

People I'm grateful for:

Next week I look forward to:

Planning ahead and notes.

PLANNING AHEAD:

What's one thing you'd like to focus on next week? Jot down any intentions, goals, or things you're looking forward to.

NOTES:

Use this space for anything else on your mind this week.

See you next week. Let's feel well together.

For more tips about keeping healthy and more on how to reduce your breast cancer risk visit our website:

www.breastcanceruk.org.uk.

or scan the QR code.