



Remember the Rules!

Food

1. Once you decide on your choices for the fortnight, you cannot change your mind.
2. Decide when your Flexible meal will be. Is it in the morning, midday or evening?
3. The Flexible meal can be a different choice every day or you can repeat some meals throughout the two weeks if you want.
4. For the other meals of the day, you can choose a maximum of four (4) options for each of them.
5. If you have morning or afternoon tea or supper, these are collectively called 'snacks', and you can choose a maximum of four (4) options.
6. If you eat out at a café or restaurant, choose the same menu every time.
7. From week 5, have an unplanned Flexible meal each week (*optional*).
8. From week 7, have two (2) unplanned Flexible meals per week (*optional*).

Activity

1. Each activity can be done once or twice per week, maximum.
2. Activities are time-limited.
 - Doing any activity/hobby up to 30mins
 - If the activity has a natural ending, then stop at that time
 - Watch one episode of a TV/streaming show, for a maximum of 1 hour
 - Watch a complete movie
 - If you're reading a book, finish the current chapter close to the 30-minute time limit
3. From week 7, the Activity rules are relaxed (*optional*).