

# Weight Watchers Food Log

Date: \_\_\_\_\_

Daily Target: \_\_\_\_\_ Weekly Points Left: \_\_\_\_\_

Personal Daily Goal:

	Food	Serving Size	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Dessert							
TOTALS							