Weight Watchers Points Tracker

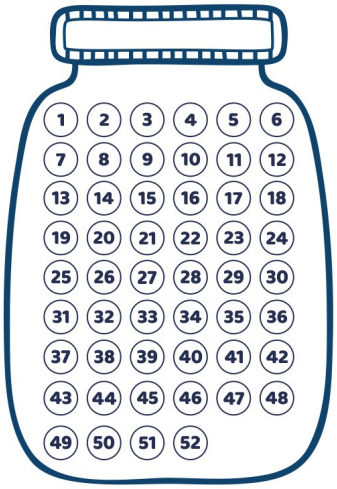
WEEK: _____ WEEKLY POINTS: _____

DAILY POINTS: _____ POINTS USED THIS WEEK: _____

	BREAKFAST	LUNCH	DINNER	SNACKS	POINTS USED
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

Weight Loss Jar

Before: _____ After: _____



The Scale Fluctuates

Don't let it ruin your day

I will reach my weight goal this year

WEEKLY POINTS TRACKER

Name: _____ Daily Points Allowed: _____ Date: _____

							Total
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Notes

Weekly Flex Points

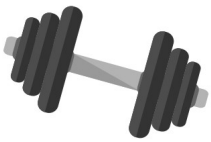
Beginning Weekly Weight:

Weight Loss Tracker

Month: _____ Start Weight: _____

Year: _____ Goal Weight: _____

Date	Weight	Lost	Gain	Notes



I want to feel EMPOWERED

Healthy Body, Healthy Mind