Date:

TARGET POINT TOTAL:

Food	Used	Balance
POINT TOTAL:		
FLEXIBLE POINT TOTAL:		

Water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits and Veggies ☐ ☐ ☐ ☐ ☐

Milk Products ☐ ☐ (☐)