

# Weight Watchers Food Log

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snacks</i>	<i>Used</i>
<i>Monday</i>					_____
<i>Tuesday</i>					_____
<i>Wednesday</i>					_____
<i>Thursday</i>					_____
<i>Friday</i>					_____
<i>Saturday</i>					_____
<i>Sunday</i>					_____