Weight Watchers PointsPlus Daily Tracker

Daily Maximum Points: _____ Date: _____

Day of the Week: ☐☐☐☐☐☐☐ Day Number: ☐☐☐☐☐☐☐

Type	Amount	Food	PP Used	PP Deposit	Balance

Daily Nutrition

Water [1] [2] [3] [4] [5] [6] Dairy [1] [2] [3] Vitamin [Y] Medication [Y]

Fruits/Veggies [1] [2] [3] [4] [5] Oils [1] [2] Activity Points [1] [2] [3] [4]

Daily Affirmation

Weekly Points

49	48	47	46	45	44	43	42	41	40
39	38	37	36	35	34	33	32	31	30
29	28	27	26	25	24	23	22	21	20
19	18	17	16	15	14	13	12	11	10
9	8	7	6	5	4	3	2	1	

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