Weekly *POINTS*® Allowance

Check them off as you use them.

35 17
34 16
33 15
32 14
31 13
30 12
29 11
28 10
27 9
26 8
25 7
24 6
23 5
22 4
21 3
20 2
19 1
18

DAY 1

Food Items	*POINTS*® Value +/−	Balance	FILLING FOODS ♦
Daily *POINTS*® Target			

Food Items	*POINTS*® Value +/−	Balance	FILLING FOODS ♦
Total ***POINTS*** values used for the day			
Activity ***POINTS*** values earned			

GOOD HEALTH GUIDELINES

FRUITS & VEGGIES MILK [ ]
OIL LIQUIDS LEAN PROTEIN
WHOLE GRAINS Y / N MULTIVITAMIN/MINERAL SUPPLEMENT

RATE YOUR HUNGER

FULL
SATISFIED
HUNGRY

Activity Express

Check off activity ***POINTS***® values as you earn them.

1 2 3
4 5 6
7 8 9
10 11 12
13 14 15
16 17 18
19 20 21
22 23 24
25 26 27
28