

Weight Watchers PointsPlus Daily Tracker

Daily Maximum Points: _____ Date: _____

| Day of the Week | | | Day Number | | |
|-----------------|--------|------|------------|------------|---------|
| Type | Amount | Food | PP Used | PP Deposit | Balance |
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Daily Nutrition

Water 1 2 3 4 5 6 Dairy 1 2 3 Vitam Y Medication Y
Fruits/Veggies 1 2 3 4 5 Oils 1 2 Activity Points 1 2 3 4

Daily Affirmation

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Weekly Points

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|----|----|----|----|----|----|----|----|----|----|
| 40 | 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 | |