

Weight Watchers Points Tracker

Daily Points: _____

Breakfast: _____

- _____
- _____
- _____
- _____
- _____

Lunch: _____

- _____
- _____
- _____
- _____
- _____

Dinner: _____

- _____
- _____
- _____
- _____
- _____

Snacks: _____

- _____
- _____
- _____
- _____
- _____