

Weigh Watchers Food Log

Daily Target: _____ **Weekly Points Left:** _____ **Date:** _____

Personal Daily Goal:

[illegible]

Water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ **Veggies:** ☐ ☐ ☐ ☐ ☐ **Fruit:** ☐ ☐ ☐ ☐ **Dairy:** ☒ ☐ ☐

Vitamin:

Notes: