Weight Watchers Daily Food Diary

Today's Date _____

Info	Wake: _____ Bed: _____ Exercised for ____ Activity: _____ Points Earned: _____ Consumed: _____ Vitamins & Supplements ☐ Meds: _____ ☐ _____ ☐ _____ Weekly Pointplus: _____ Weekly Pointsplus Consumed: _____ Remaining: _____	Today's Totals Points: Fat: Fiber: Carbs: Protein:
Daily Intake	Water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Healthy Oils ☐ ☐ ☐ Fruits & Veggies ☐ ☐ ☐ ☐ ☐ (☐ ☐ ☐) Dairy ☐ ☐ (☐)	
Breakfast	Time: _____ Sugar: _____	Points Consumed: Points Remaining:
Mid-Morning Snack	Time: _____ Sugar: _____	Points Consumed: Points Remaining:
Lunch	Time: _____ Sugar: _____	Points Consumed: Points Remaining:
Afternoon Snack	Time: _____ Sugar: _____	Points Consumed: Points Remaining:
Dinner	Time: _____ Sugar: _____	Points Consumed: Points Remaining:
Nighttime Snack	Time: _____ Sugar: _____	Points Consumed: Points Remaining:

NOTES ABOUT MY DAY:	TO DO:
GROCERIES, ETC:	FOR TOMORROW: