Weight Watchers Food Log

freckleberryfinds.com

Date: _____

Daily Target: _____ Weekly Points Left: _____

Personal Daily Goal:

_____

Food or Activity	Used	Earned	Balance

Water: ☐☐☐☐☐☐☐☐ Veggies: ☐☐☐☐☐ Fruit: ☐☐☐☐☐ Dairy: ☐☐(☐)

Vitamin: ☐

Notes: