

WEEK _____ WEIGHT _____

DAY ONE	date / /	daily points	fruits & veggies water	oils low-fat dairy	+/-	BAL
TOTAL:		ACTIVITY POINTS EARNED	USED	WEEKLY POINTS USED		REMAINING

DAY TWO	date / /	daily points	fruits & veggies water	oils low-fat dairy	+/-	BAL
TOTAL:		ACTIVITY POINTS EARNED	USED	WEEKLY POINTS USED		REMAINING

DAY THREE	date / /	daily points	fruits & veggies water	oils low-fat dairy	+/-	BAL
TOTAL:		ACTIVITY POINTS EARNED	USED	WEEKLY POINTS USED		REMAINING

DAY FOUR	date / /	daily points	fruits & veggies water	oils low-fat dairy	+/-	BAL
TOTAL:		ACTIVITY POINTS EARNED	USED	WEEKLY POINTS USED		REMAINING

arms _____ chest _____ waist _____ hips _____ thighs _____

DAY FIVE	date / /	daily points	fruits & veggies water	oils low-fat dairy	+/-	BAL
TOTAL:		ACTIVITY POINTS EARNED	USED	WEEKLY POINTS USED		REMAINING

DAY SIX	date / /	daily points	fruits & veggies water	oils low-fat dairy	+/-	BAL
TOTAL:		ACTIVITY POINTS EARNED	USED	WEEKLY POINTS USED		REMAINING

DAY SEVEN	date / /	daily points	fruits & veggies water	oils low-fat dairy	+/-	BAL
TOTAL:		ACTIVITY POINTS EARNED	USED	WEEKLY POINTS USED		REMAINING

WEEKLY POINTS PLUS ALLOWANCE

40	48	47	46	45	44	43	42	41	40	39	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

WEEKLY ACTIVITY POINTS PLUS VALUE

EARNED:	10	20	30	40	50	60	70	80	90	100	110	120	130	140	150	160	170	180	190	200
USED:	10	20	30	40	50	60	70	80	90	100	110	120	130	140	150	160	170	180	190	200