Weight Watchers Food Log

Date: _____

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

Personal Daily Goal:

_____

Food or Activity	Used	Earned	Balance

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

Vitamin: ☐

Notes: