DATE:

WEIGHT WATCHERS

Foods Journal

TARGET POINTS TOTAL:

FOOD	USED	BALANCE
POINT TOTAL:		
FLEXIBLE POINT TOTAL:		

WATER: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

FRUIT & VEGGIES: ☐ ☐ ☐ ☐ ☐

MILK PRODUCTS: ☐ ☐ (☐)