Weekly POINTS® Allowance

Check them off as you use them.

35 17
34 16
33 15
32 14
31 13
30 12
29 11
28 10
27 9
26 8
25 7
24 6
23 5
22 4
21 3
20 2
19 1
18

DAY 1

Food Items	POINTS® Value +/–	Balance	FILLING FOODS ♦
Daily POINTS® Target			

Food Items	POINTS® Value +/–	Balance	FILLING FOODS ♦
Total POINTS values used for the day			
Activity POINTS values earned			

GOOD HEALTH GUIDELINES

FRUITS & VEGGIES ☐☐☐☐☐ MILK ☐☐ [☐]

OIL ☐☐ LIQUIDS ☐☐☐☐☐☐ LEAN PROTEIN ☐☐

WHOLE GRAINS Y / N MULTIVITAMIN/MINERAL SUPPLEMENT ☐

RATE YOUR HUNGER

FULL

SATISFIED

HUNGRY

Activity Express

Check off activity POINTS® values as you earn them.

1 2 3
4 5 6
7 8 9
10 11 12
13 14 15
16 17 18
19 20 21
22 23 24
25 26 27
28