Date:			Date:		
TARGET POINT TOTAL:			TARGET POINT TOTAL:		
Food	Used	Balance	Food	Used	Balance
				_	
POINT TOTAL:			POINT TOTAL:		
FLEXIBLE POINT TOTAL:			FLEXIBLE POINT TOTAL:		
Water 🗆 🗆 🗆 🗆 🗆 🗆			Water 🗆 🗆 🗆 🗆 🗆 🗆		
Fruits and Veggies $\ \square \ \square \ \square \ \square$			Fruits and Veggies $\ \square \ \square \ \square \ \square$		
Milk Products $\Box \Box (\Box)$			Milk Products $\Box \Box (\Box)$		