

# WEIGHT WATCHERS POINT TRACKER

	BREAKFAST	LUNCH	DINNER	SNACKS	SNACKS
MON					-----
TUE					-----
WED					-----
THU					-----
FRI					-----
SAT					-----
SUN					-----

WEEKLY POINTS\_\_\_\_\_ DAILY POINTS\_\_\_\_\_ POUNDS LOST\_\_\_\_\_ INCHES LOST\_\_\_\_\_