

DAY 1

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

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