Day One

Daily Points

WATER MILK
FRUITS & VEGGIES OILS

	–	+	BAL		–	+	BAL

(Continue On Next Column)

Day Two

Daily Points

WATER MILK
FRUITS & VEGGIES OILS

	–	+	BAL		–	+	BAL

(Continue On Next Column)

Day Three

Daily Points

WATER MILK
FRUITS & VEGGIES OILS

	–	+	BAL		–	+	BAL

(Continue On Next Column)

Day Four

Daily Points

WATER MILK
FRUITS & VEGGIES OILS

	–	+	BAL		–	+	BAL

(Continue On Next Column)

Day Five

Daily Points

WATER MILK
FRUITS & VEGGIES OILS

	–	+	BAL		–	+	BAL

(Continue On Next Column)

Day Six

Daily Points

WATER MILK
FRUITS & VEGGIES OILS

	–	+	BAL		–	+	BAL

(Continue On Next Column)

Day Seven

Daily Points

WATER MILK
FRUITS & VEGGIES OILS

	–	+	BAL		–	+	BAL

(Continue On Next Column)

Weekly Flexible Points

Weekly Activity Points

Be Sure To Add Earned Activity Points To The "+" Column Of Your Tracker

Day One

Daily Points

WATER MILK
FRUITS & VEGGIES OILS

	–	+	BAL		–	+	BAL

(Continue On Next Column)

Day Two

Daily Points

WATER MILK
FRUITS & VEGGIES OILS

	–	+	BAL		–	+	BAL

(Continue On Next Column)

Day Three

Daily Points

WATER MILK
FRUITS & VEGGIES OILS

	–	+	BAL		–	+	BAL

(Continue On Next Column)

Day Four

Daily Points

WATER MILK
FRUITS & VEGGIES OILS

	–	+	BAL		–	+	BAL

(Continue On Next Column)

Day Five

Daily Points

WATER MILK
FRUITS & VEGGIES OILS

	–	+	BAL		–	+	BAL

(Continue On Next Column)

Day Six

Daily Points

WATER MILK
FRUITS & VEGGIES OILS

	–	+	BAL		–	+	BAL

(Continue On Next Column)

Day Seven

Daily Points

WATER MILK
FRUITS & VEGGIES OILS

	–	+	BAL		–	+	BAL

(Continue On Next Column)

Weekly Flexible Points

Weekly Activity Points

Be Sure To Add Earned Activity Points To The "+" Column Of Your Tracker