WW Points Log V3

Max Pts: _____ **Date:** _____

Day of the Week: S M T W T F S **Day #:** 1 2 3 4 5 6 7

Type	Food	Amount	Used	Deposit	Balance

Daily Nutrition

Water	1 2 3 4 5 6	Dairy	1 2 3	Daily Vitamin	Y
Fruits & Vegetables	1 2 3 4 5	Oils	1 2	Activity Points	1 2 3 4
				Medication	Y

Notes

Weekly Points

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

Entry Types: B - Breakfast, L - Lunch, D - Dinner, S - Snack, A - Activity

WW Points Log V3

Max Pts: _____ **Date:** _____

Day of the Week: S M T W T F S **Day #:** 1 2 3 4 5 6 7

Type	Food	Amount	Used	Deposit	Balance

Daily Nutrition

Water	1 2 3 4 5 6	Dairy	1 2 3	Daily Vitamin	Y
Fruits & Vegetables	1 2 3 4 5	Oils	1 2	Activity Points	1 2 3 4
				Medication	Y

Notes

Weekly Points

35 34 33 32 31 30 29

28 27 26 25 24 23 22

21 20 19 18 17 16 15

14 13 12 11 10 9 8

7 6 5 4 3 2 1

Entry Types: B - Breakfast, L - Lunch, D - Dinner, S - Snack, A - Activity