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	Medication	Y
Fruits & Vegetables	1 2 3 4 5	Oils	1 2	Activity Points	1 2 3 4		

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	Medication	Y
Fruits & Vegetables	1 2 3 4 5	Oils	1 2	Activity Points	1 2 3 4		

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	Medication	Y
Fruits & Vegetables	1 2 3 4 5	Oils	1 2	Activity Points	1 2 3 4		

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	Medication	Y
Fruits & Vegetables	1 2 3 4 5	Oils	1 2	Activity Points	1 2 3 4		

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