

# WW Point Log

Date: \_\_\_\_\_

Pts	Food	Balance

## Daily Nutrition

Water	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Dairy	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	Daily Vitamin	<input type="checkbox"/>
Fruits & Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Oils	<input type="checkbox"/> <input type="checkbox"/>	Activity Points	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Notes


## Weekly Points
