WW Points Log V2

Date _____

Food	Used	Deposit	Balance

Daily Nutrition

Water	☐ ☐ ☐ ☐ ☐ ☐	Dairy	☐ ☐ ☐	Daily Vitamin	☐
Fruits & Vegetables	☐ ☐ ☐ ☐ ☐	Oils	☐ ☐	Activity Points	☐ ☐ ☐ ☐

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

This template was created with the D*I*Y Planner Widget Kit for OpenOffice.org. Available free at www.DIYPlanner.com.

WW Points Log V2

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Daily Nutrition

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Fruits & Vegetables	☐ ☐ ☐ ☐ ☐	Oils	☐ ☐	Activity Points	☐ ☐ ☐ ☐

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