Weigh Watchers Food Log

Daily Target:_____ Weekly Pounts Left:_____ Date:_____

Personal Daily Goal:

Food or Activity	Used	Earned	Balance

Water: ☐☐☐☐☐☐☐☐ **Veggies:** ☐☐☐☐☐ **Fruit:** ☐☐☐☐☐ **Dairy:** ☐☐☐

Vitamin: ☐

Notes: