

weight loss journal

Date:

TARGET POINT

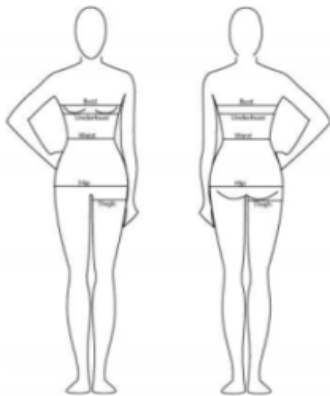
← weighing in →

Age: _____ Height: _____ Starting Weight: _____ Goal Weight: _____

Goals: _____

What Holds You Back? _____

← your great measure →



Weight In	
Weight	
Bust	
Waist	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Waist	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Waist	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Waist	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Waist	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Waist	
Hips	
Thigh	
Arm	

What do you love most about yourself? _____

What have you learned? _____

Highest Moment? _____

Lowest Moment? _____

Food

PRINTABLE
WEIGHT
WATCHERS
JOURNAL

Weight Watchers Tracker

Name.....

Meeting.....

Week commencing.....

Use this tracker to record what you eat and how many points you've used. Use the space at the bottom of each day to see how many points you've used and how many points you can still use.



Day	Points for today	Bonus Points gained
Breakfast		
Lunch		
Main Meal		
Snacks		
	Points used today	Points saved for another day