

# Weight Watchers Point Tracker

	MEAL/DRINKS	Points
SUNDAY		

	MEAL/DRINKS	Points
MONDAY		

	MEAL/DRINKS	Points
TUESDAY		

	MEAL/DRINKS	Points
WEDNESDAY		

	MEAL/DRINKS	Points
THURSDAY		

	MEAL/DRINKS	Points
FRIDAY		

	MEAL/DRINKS	Points
SATURDAY		

Notes	