

# Weight Watchers Daily Points Tracker

**M T W TH F S S**

DATE:

POINTS:

WEEKLY:

ACTIVITY:

<b>BREAKFAST</b>		<b>POINTS</b>

<b>LUNCH</b>		<b>POINTS</b>

<b>DINNER</b>		<b>POINTS</b>

<b>SNACKS</b>		<b>POINTS</b>

ACTIVITY:

ROLLOVER:

DAILY:

WATER:

VEGGIES:

WEEKLY: