Weight Watchers Food Log

Daily Target : _____ *Weekly Points Left :* _____
Personal Daily Goal :

Food or Activity	Used	Earned	Balance

Water : ☐☐☐☐☐☐☐☐ *Veggies :* ☐☐☐☐

Vitamin : ☐ *Fruit :* ☐☐☐☐

Notes : *Dairy :* ☐☐☐