

WW Points Log v2

Date: _____

Food

Food	Used	Deposit	Balance

Daily Nutrition

Water <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Daily Vitamin <input type="checkbox"/>
Fruits & Vegetables <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Oils <input type="checkbox"/> <input type="checkbox"/>	Activity Points <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Notes

Weekly Points

35	34	33	32	31	30	29
28	27	26	25	24	23	22
21	20	19	18	17	16	15
14	13	12	11	10	9	8
7	6	5	4	3	2	1

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Fruits & Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Oils	<input type="checkbox"/> <input type="checkbox"/>	Activity Points	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

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