WW Points Log V2

Date _____

Food	Used	Deposit	Balance

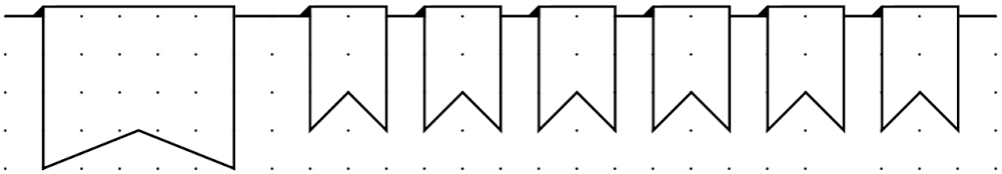
Daily Nutrition

Water	☐☐☐☐☐☐	Dairy	☐☐☐	Daily Vitamin	☐
Fruits & Vegetables	☐☐☐☐☐	Oils	☐☐	Activity Points	☐☐☐☐

Notes

Weekly Points

49	48	47	46	45	44	43
42	41	40	39	38	37	36
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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