

Weight Watchers Tracker

Name.....

Meeting.....

Week comencing.....

Use this tracker to record what you eat and how many points you've used. Use the space at the bottom of each day to see how many points you've used and how many you've saved. (You can save up to four each day to use later on in the week.)

You can use the grid below to record how many points you spend on alcohol.

Day One	
Points for today	
Bonus Points gained today	

Breakfast	
Lunch	
Main Meal	
Snacks	

Points used today	
Points saved for another day	

Day Two	
Points for today	
Bonus Points gained today	

Breakfast	
Lunch	
Main Meal	
Snacks	

Points used today	
Points saved for another day	

Day Three	
Points for today	
Bonus Points gained today	

Breakfast	
Lunch	
Main Meal	
Snacks	

Points used today	
Points saved for another day	

Day Four	
Points for today	
Bonus Points gained today	

Breakfast	
Lunch	
Main Meal	
Snacks	

Points used today	
Points saved for another day	

Day Five	
Points for today	
Bonus Points gained today	

Breakfast	
Lunch	
Main Meal	
Snacks	

Points used today	
Points saved for another day	

Day Six	
Points for today	
Bonus Points gained today	

Breakfast	
Lunch	
Main Meal	
Snacks	

Points used today	
Points saved for another day	

Day Seven	
Points for today	
Bonus Points gained today	

Breakfast	
Lunch	
Main Meal	
Snacks	

Points used today	
Points saved for another day	