

Weight Watchers Points Tracker

Weekly Points		Daily Points		Pounds Lost		Inches lost	
Day 1	Points Used	Day 16	Points Used				
Day 2	Points Used	Day 17	Points Used				
Day 3	Points Used	Day 18	Points Used				
Day 4	Points Used	Day 19	Points Used				
Day 5	Points Used	Day 20	Points Used				
Day 6	Points Used	Day 21	Points Used				
Day 7	Points Used	Day 22	Points Used				
Day 8	Points Used	Day 23	Points Used				
Day 9	Points Used	Day 24	Points Used				
Day 10	Points Used	Day 25	Points Used				
Day 11	Points Used	Day 26	Points Used				
Day 12	Points Used	Day 27	Points Used				
Day 13	Points Used	Day 28	Points Used				
Day 14	Points Used	Day 29	Points Used				
Day 15	Points Used	Day 30	Points Used				