

Weight Watchers Food Log

Date: _____

Daily Target: _____ Weekly Points Left: _____

Personal Daily Goal:

	Food	Serving Size	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Dessert							
TOTALS							

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Weight Watchers International

A red circular graphic with a gradient, appearing as a partial circle or a stylized 'C' shape, located to the right of the 'Weight Watchers International' text.

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