

POINTS Tracker

POINTS Target:	POINTS values remaining:
Morning	
Midday	
Evening	
Snacks	
Food POINTS Balance	
Exercise	
Total Activity POINTS values Swapped	
Weekly POINTS Allowance Spent	
Notes	
Check off these important items daily: Water <input type="checkbox"/> Milk & Milk Products <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruits & Vegetables <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Multivitamin <input type="checkbox"/>	