

Weight Watchers Diet Plan

WEIGHT WATCHERS DIET PLAN

Each food and drink has a point value based on its calories, fat, protein, and fiber content. Typically, you'll get around 23–30 points per day. But this can vary depending on your personal goals, age, weight, height, gender, and activity level. Higher points are given to foods with more calories, sugar, and fat. Lower points are given to foods that are high in protein and fiber, but lower in calories and fat. Some foods, like fruits, vegetables, and lean proteins, are ZeroPoints foods. This means they don't count toward your daily points allowance.

Daily point intake: _____

Goals:

Breakfast:

Lunch:

Dinner:

Snack:

Dessert:

Specify below:

Name: _____ Contact information: _____

License number: _____

Signature: