Weight Watchers Diet Plan

Name:	Date:
Age:	Gender:
Weight:	Height:
Purpose:	
Goals:	
Recommendations/Additional Information:	

7-Day Weight Watchers Diet Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Smart Points
Breakfast								
Lunch								
Dinner								
Snacks and beverages								
Smart Points								