



DATE: _____

QUICKIE	1	2	3	4	5	6	7	8	9	10	11	12	13		
14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29
30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61
62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77
78	79	80	81	92	83	84	85	86	87	88	89	90	91	92	93

Food Notes:

SmartPoints values

Fruit ● ● ● ● ● ● ● ● ● ●

Veg ● ● ● ● ● ● ● ● ● ●

Weekly Used: _____ Weekly Left: _____ Daily Used: _____



DATE: _____

QUICKIE	1	2	3	4	5	6	7	8	9	10	11	12	13		
14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29
30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61
62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77
78	79	80	81	92	83	84	85	86	87	88	89	90	91	92	93

Food Notes:

SmartPoints values

Fruit ● ● ● ● ● ● ● ● ● ●

Veg ● ● ● ● ● ● ● ● ● ●

Weekly Used: _____ Weekly Left: _____ Daily Used: _____



2019

DATE: _____

QUICKIE	1	2	3	4	5	6	7	8	9	10	11	12	13		
14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29
30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61
62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77
78	79	80	81	92	83	84	85	86	87	88	89	90	91	92	93

Food Notes:

SmartPoints values

Fruit ● ● ● ● ● ● ● ●

Veg ● ● ● ● ● ● ● ●

Weekly Used:

Weekly Left:

Daily Used:



2019

DATE: _____

QUICKIE	1	2	3	4	5	6	7	8	9	10	11	12	13		
14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29
30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61
62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77
78	79	80	81	92	83	84	85	86	87	88	89	90	91	92	93

Food Notes:

SmartPoints values

Fruit ● ● ● ● ● ● ● ●

Veg ● ● ● ● ● ● ● ●

Weekly Used:

Weekly Left:

Daily Used:

DATE: _____

QUICKIE	1	2	3	4	5	6	7	8	9	10	11	12	13		
14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29
30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61
62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77
78	79	80	81	92	83	84	85	86	87	88	89	90	91	92	93

Notes

Weight: _____

Food Notes:
SmartPoints values

Fruit

Veg

●●●●●●●●

●●●●●●●●

Weekly Used:

Weekly Left:

Daily Used: