

Daily Points Tracker - FreeStyle

Daily Points

Weekly Allowance

Daily Points used

Points Remaining (over)

Roll-Over Points (up to 4 only)

Fit Points

Weekly Points Remaining

Food Description

Points

Total Food Points

Points remaining = Daily Points - Total food points

Roll over points = Points remaining up to 4 only

Weekly Allowance remaining = Weekly allowance + points remaining + rollover pts + fit points

Each new day plug in the Weekly Allowance remaining for the full week

Points reset each week

Example 1

Daily Points (your daily number)	23
Weekly Allowance (your weekly allowance - day 1) day 2 - 7 your remaining allowance	28
Daily Points used (total of food points)	25
Points Remaining (over) = 23 (daily pts) - 25 (pts used) = (2)	(2)
Roll-Over Points (up to 4 only) = 0 (no rollover available)	
Fit Points = 0 (no activity)	0
Weekly Points Remaining 28(weekly allow) - points over (-2) + fitpoints (0)	<u>26</u>

Example 2

Daily Points (your daily number)	23
Weekly Allowance (your weekly allowance - day 1) day 2 - 7 your remaining allowance	26
Daily Points used (total of food points)	21
Points Remaining = 23 (daily pts) - 21 (pts used) = 2	2
Roll-Over Points (up to 4 only) = 2	2
Fit Points = 1	1
Weekly Points Remaining 26 (previous day weekly allow) + rollover (2) + fitpoints (1)	<u>29</u>