



# Tracking Cheat Sheet

## **Pretrack your meal.**

Planning ahead will help you know how many SmartPoints you have to spend and what you want to spend them on. Do you have the same breakfast most days? Going out for dinner and already decided what you are going to have? Then pre-tracking is your BFF. Pick a time of day and make a habit of tracking what you know you will be eating (you can always go back and modify later). This can help you get into the habit of tracking and can give you visibility into how many points you have left (maybe for that glass of wine!).

## **Use the Barcode Scanner.**

Scan the barcode of almost any packaged food and it'll automatically calculate the SmartPoints values for you.

## **Take a pic.**

Don't have time to track? Take a picture and track it later. It'll also help you remember exactly what you ate.

## **Save your favourites.**

If there is a go-to meal or food you have frequently, save it as a favourite (tap the little star above the food name). It will live in your favourites and this way you don't need to search for it every time.

## **Track WW recipes.**

Our recipes are an easy way to ensure your menu is SmartPoints approved, and it's easy, one-click tracking, right from the app!