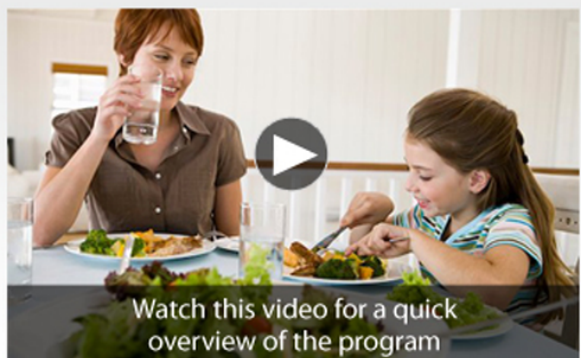


Start here.

Losing weight can be exhilarating, transforming, fun and challenging all at once. Think of it as a new adventure. Your goals: lose weight, get healthy and feel good. The **PointsPlus** program is simple, and will help you lose weight safely and keep it off.

In the next pages, we'll tell you how you can succeed with Weight Watchers. Clicking through this brief guide will only take a few minutes. Refer back to it whenever you have a question.



This guide will cover these 8 rules for following the plan



Get to know PointsPlus® values »

What you'll learn: Every food and drink has a **PointsPlus** value, and you have a personalized daily **PointsPlus** value Target. Stay within your Target to lose weight.



Don't deprive yourself »

What you'll learn: It's important to give yourself flexibility. You'll get a weekly allowance of 49 **PointsPlus** values for treats, extras and special occasions.



Make smarter food choices »

What you'll learn: One of the built-in benefits of the **PointsPlus** program is that it will help guide you toward a wide variety of smarter food options, so you can enjoy more satisfying meals as you lose weight.



Get physical activity »

What you'll learn: Physical activity is integral to the Weight Watchers plan. All activity is important—even a walk around the block. Plus, you can earn activity **PointsPlus** values that can be swapped for food.



Track with the Plan Manager »

What you'll learn: Tracking—or recording what you eat and drink every day—can really help weight loss success. We've designed the Plan Manager to make tracking easy.



Set inspiring goals »

What you'll learn: Setting the right goals will keep you moving forward. And not all goals need to focus on weight! Having goals like fitting into your favorite jeans or walking a 5K can be incredibly motivating.



Discover Power Foods »

What you'll learn: Weight Watchers Power Foods help fill you up. To spot them on our site, look for a green triangle.



Customize your strategy »

There are lots of ways to make the Plan your own to suit your needs. And if something isn't working for you, we'll give you suggestions for how you can tweak it.