

What's your *POINTS* Target?

Your weight right now	<i>POINTS</i> Target
less than 150 pounds	20
150 to 174 pounds	22
175 to 199 pounds	24
200 to 224 pounds	26
225 to 249 pounds	28
250 to 274 pounds	30
275 to 299 pounds	31
300 to 324 pounds	32
325 to 349 pounds	33
350 pounds or more	34

GROWING TEENS:

Females under 16 and males under 19, you should add 2 *POINTS* to your *POINTS* Target for an extra milk serving.



NURSING WOMEN:

Refer to page 10 for your *POINTS* Target.



Remember to...

Stick to your *POINTS* Target. Your body needs this number of *POINTS* to keep your metabolism going, to carry out basic bodily functions, and to lose weight at a safe and healthy rate. Eating below your *POINTS* Target on occasion is OK, but you should not go below 20 *POINTS*.

Check the *POINTS* Target chart as you lose weight to see if your *POINTS* Target needs to be lowered.



From the nutritionist...

A safe and healthy rate of weight loss is up to an average of two pounds per week after the first three weeks. In the first three weeks you may lose more weight (which is OK!) due to water loss.

FlexPoints

You'll begin each week with 35 *FlexPoints*. Use them any way you please. Don't use them at all, use some, divide them evenly over the week, or spend them all on a weekend splurge. Once the week is up, they're gone. Keep track of them in your *QuikTrak* System.



DON'T BE AFRAID TO ASK...

your meeting room staff to further explain anything you don't understand. Keep in mind - they're there for YOU.

About Weight Watchers

The Weight Watchers program is designed to promote a healthy rate of weight loss. Keep in mind, however, that the rate of weight loss varies among people. Individual factors, including age, gender, and current weight, affect the rate of weight loss. In addition, you largely control your rate of weight loss by how carefully you follow the Program. Therefore, how long it will take you to reach your weight-loss goals is largely determined by you.

Members stay on the Program as long as they desire. Regular attendance at weekly meetings provides the group support that is so helpful in making lifestyle changes. To help you learn how to safely keep the weight off that you've lost, we recommend that you continue to attend meetings weekly until you are able to maintain your weight goal for at least six weeks. At that time, you may then be eligible for Lifetime Membership.

The cost of the Weight Watchers program is limited to the membership fees.

Weight Watchers does not require members to sign any contracts upon joining. Members are not required to purchase Weight Watchers products, either those sold at the meeting or in grocery or other retail stores. Although these products are designed to help you follow the Program, their purchase is optional.

Weight Watchers and Diet Drugs

Today, the use of diet drugs to treat obesity is controversial. Specialists agree, however, that these drugs are only tools – not a cure for obesity – and that their use should be limited to specific situations. Moreover, for the diet drugs to be effective, they must be combined with a lifestyle modification program like Weight Watchers.

The decision to treat obesity with drugs is a medical decision that is best made between a patient and her or his physician.

Weight Watchers Weight Ranges

Weight ranges are used to recommend appropriate weights for groups of people. The Weight Watchers Weight Ranges are based on the Body Mass Index (or BMI).

HEIGHT (feet, inches)	MINIMUM FOR ALL ADULTS (BMI=20)	WEIGHT RANGES (in pounds)		MAXIMUM FOR ALL ADULTS (45+) (BMI=25)
		Recommended maximum for ages up to 25 years	Recommended maximum for ages between 25 & 45 years	
4'9"	92	106	111	115
4'10"	95	110	115	119
4'11"	99	114	119	124
5'0"	102	118	123	128
5'1"	106	121	127	132
5'2"	109	125	131	136
5'3"	113	130	135	141
5'4"	116	134	140	145
5'5"	120	138	144	150
5'6"	124	142	148	155
5'7"	127	147	153	159
5'8"	131	151	158	164
5'9"	135	155	162	169
5'10"	139	160	167	174
5'11"	143	165	172	179
6'0"	147	169	177	184
6'1"	151	174	182	189
6'2"	155	179	187	194
6'3"	160	184	192	200
6'4"	164	189	197	205
6'5"	168	194	202	210

The Weight Watchers Weight Ranges are used to provide information about a healthy body weight and determine eligibility for joining and Lifetime Membership. Your weight goal does not have to be within the Weight Watchers Weight Ranges.