## WEIGHT WATCHERS® GUARANTEE

If you are dissatisfied with your purchase for any reason, please
return it to a meeting location for an exchange or refund by mail.
If you made your purchase online, please contact customer service at
store@weightwatchers.com for a return authorization number.

CUSTOMER SERVICE

If you have any questions or need help with your *PointsPlus®*
Calculator, please contact:

Weight Watchers International, Inc.
Corporate Affairs Department
300 Jericho Quadrangle
Jericho, New York 11753

WEIGHT WATCHERS and *PointsPlus* are the registered trademarks of Weight Watchers
International, Inc. The *PointsPlus* Weight Loss System and formula are proprietary to
Weight Watchers International, Inc. Patent pending.   Printed in China.
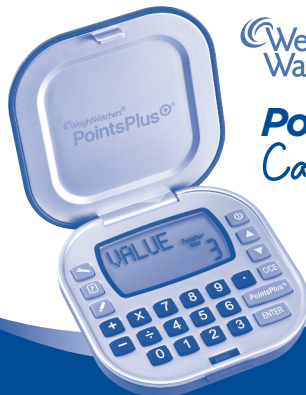
Weight Watchers®

PointsPlus®
Calculator

User Guide

GET TO KNOW YOUR CALCULATOR

KEYS	FUNCTION
0, 1, 2, 3, 4, 5, 6, 7, 8, 9, "."	Number keys
⏻	On / Off
C/CE	Clear last entry or cancel
7	Start new day / new week
🔧	Setup daily target / weekly allowance; edit information
PointsPlus®	Calculate, use or directly enter a *PointsPlus®* value
✏	Review daily target and weekly allowance used over past days
ENTER	ENTER / Confirm key
÷, x, -, +	Standard calculator functions
▲▼	Up and down arrows to scroll

2

Congratulations! You now own an exciting new tool created to help you follow the Weight Watchers® program. Spend some time getting to know your *PointsPlus* Calculator to ensure you get the maximum benefits from its use.

The calculator does more than simply calculate the *PointsPlus* values of your favorite foods. It also:

- Keeps track of your personal information, like your age, height and weight.
- Calculates your daily *PointsPlus* Target and tracks your weekly *PointsPlus* Allowance.
- Allows you to edit your daily target and weekly allowance.
- Tracks all the *PointsPlus* values you use each day and week.
- Works just like any standard calculator.

GET READY TO ACTIVATE YOUR CALCULATOR!

3

We inserted a clear plastic tab to keep your battery fresh. To activate your calculator, just pull out the tab. Press the ON key to get started.

START CALCULATING *PointsPlus* VALUES NOW

While it's best to set up the calculator with your personal information (see page 6), you can calculate a *PointsPlus* value right away. Be sure you have the nutrition information for the foods you are entering handy.

Here's how to get started:

1. Press the *PointsPlus* key, then press ENTER.

CALCULATE?

2. Use the number keys to put in the number of Total Fat grams per serving. Press ENTER.

TOTAL FAT?
7.5

4

3. Do the same to put in the number of Total Carbohydrate grams per serving. Press ENTER.

CARBS?
11

4. Put in the Dietary Fiber grams per serving. Press ENTER.

FIBER?
1.5

5. Finally, put in the Protein grams per serving. Press ENTER.

PROTEIN?
16

The *PointsPlus* value for one serving of that food will be shown.

VALUE
PointsPlus Value
4

5

*Certain foods, especially sugar-free foods, may contain sugar alcohols, which may reduce total **PointsPlus**® values. These ingredients—and also regular alcohol—are not typically included on food labels. As a result, you might notice discrepancies with the values you see in your lists and the values you calculate with the Weight Watchers® **PointsPlus** Calculator. For the most accurate values for sugar-free foods and foods containing alcohol, please use the food lists in the Pocket Guide or Companion books, or, if you're a subscriber, use the database on Weight Watchers® eTools.*

ENTER YOUR PERSONAL INFORMATION

Now, you can set up your personal information so it can calculate your daily **PointsPlus** Target and show your weekly **PointsPlus** Allowance.

1. Press ➘ to start set up. This is the key you press any time you want to set up your daily target and weekly allowance. Also press this key if you need to change your info (we will show you how on page 10).

SET UP

TIP: *Any time you want to clear an entry, simply press C/CE once.*

6

2. The calculator will ask your age. Put in your age. Press ENTER.

AGE?
28

3. Now, tell your calculator your gender. For FEMALE, press ENTER. If you're a man, press the DOWN ARROW key* to display MALE? and press ENTER.

FEMALE?

4. Tell your calculator how tall you are. 0 will flash first for feet. Put in feet, press ENTER. Next, 00 will flash for inches. Put in inches, press ENTER.

HEIGHT?
5-04

5. Finally, tell your calculator your *current* weight in pounds, and press ENTER.

WEIGHT
196.1

*The UP & DOWN ARROW keys will always let you get to another selection.

7

6. Your calculator will now ask you if you want to lose weight or maintain your weight. First, LOSE? will appear on the screen. If you want to lose weight, press ENTER. If you want to maintain your weight, press the DOWN ARROW key to display MAINTAIN? Then, press ENTER.

`LOSE?`

7. If you have chosen to lose weight, your daily *PointsPlus*® Target will be shown.

`DAILY` *PointsPlus Value* `30`

Important Note: If you are 16 years of age or below, your calculator will be unable to provide your daily *PointsPlus* Target. Please refer to your program materials and speak with your Leader for your daily target. See page 21 on manually inputting your daily target in order to track.

8

8. If you chose MAINTAIN, you will be asked if you have extra *PointsPlus* values.* Default is 0, or you may enter extra values and press ENTER.

`EXTRA?` *PointsPlus Value* `6`

9. Your total daily *PointsPlus* Target will now appear on the screen.

`DAILY` *PointsPlus Value* `36`

CONGRATULATIONS – you've personalized your *PointsPlus* Calculator!

*As nursing mothers receive additional *PointsPlus* values, we recommend they use the MAINTAIN option when setting up their daily *PointsPlus* Target. If you need more information about the daily *PointsPlus* Target for nursing moms, please see the Weight Watchers® program materials or ask your Leader.

9

CHANGING YOUR PERSONAL INFORMATION

1. To clear and reset ALL the information you previously entered, press ↘ and hold the ENTER key down for three seconds. You will then need to do your setup again (page 6).

2. To change either age, height, or weight, press the ↘ key and then the DOWN ARROW key until you find the item you want to change (In this example, we will change weight). When you get to WEIGHT, press and hold the ENTER key for three seconds.

3. The display will change to WEIGHT? Enter in the new number and press ENTER.

```
DAILY
          PointsPlus
             Value
            30
```

```
SET UP
```

```
WEIGHT
            196.1
```

```
WEIGHT?
            189
```

4. RESET will appear on the screen for two seconds confirming the change you made.

5. Every time you make a change, your calculator will ask you if you want to lose weight. Press ENTER to confirm LOSE. To choose MAINTAIN, press the DOWN ARROW key and then ENTER.

6. Your calculated daily *PointsPlus* Target will be displayed. Press ENTER to confirm your daily target.

7. Finally, your weekly allowance of 49 will be displayed. Press ENTER to confirm.

NOTE: If you are using this calculator to track *PointsPlus®* values, after every seven days of tracking, your calculator will ask you to confirm or update your weight to help you progress towards your goal (see page 22-23).

```
RESET
```

```
LOSE?
```

```
DAILY
          PointsPlus
             Value
            29
```

```
WEEKLY
          PointsPlus
             Value
            49
```

EDITING YOUR DAILY AND WEEKLY VALUES

1. To change your daily and/or weekly values, press the ✎ key and then the down arrow key until you get to WEIGHT. Press and hold the ENTER key for three seconds and update or re-enter your current weight at WEIGHT? screen; press ENTER.

WEIGHT?
188

2. After doing this, the calculator will reset and you need to choose if you want to lose or maintain weight. Press ENTER to confirm lose or press the down arrow key and ENTER to choose maintain.

RESET

3. Your daily *PointsPlus* Target is displayed and will flash. Press ENTER to confirm or the

DAILY
PointsPlus Value
29

UP or DOWN ARROW key 1-3 times to your desired daily target. In this example, we pressed the UP key once to 30. Press ENTER to confirm the new target.

DAILY
PointsPlus Value
30

4. Then your weekly allowance of 49 will be displayed and will flash. Press ENTER to confirm 49 or press the DOWN ARROW key to your desired weekly allowance.

In this example, the weekly allowance was edited to 40. Press ENTER to confirm your new weekly allowance.

WEEKLY
PointsPlus Value
49

WEEKLY
PointsPlus Value
40

NOTE: Any time you change your personal information (age, height, weight), adjust your daily or weekly values, your tracking will restart at day 1 to start a fresh week at your new settings.

TRACK YOUR DAILY *PointsPlus*® VALUES

Now that you've personalized your calculator with your daily *PointsPlus* Target, you are ready to begin tracking. Your calculator can track both the *PointsPlus* value that you calculate and the *PointsPlus* value for foods you already know.

To track the *PointsPlus* value that you have calculated:

Every time you calculate a *PointsPlus* value for a new food, the word USE? will appear on your screen. (See page 4 for calculating *PointsPlus* values.) Press ENTER to tell your calculator to subtract this *PointsPlus* value from your daily *PointsPlus* Target or press C/CE to exit.

14

If you are having more than one serving of the same food, you can multiply the serving and the calculator will calculate the total *PointsPlus* value. To multiply the number of servings, press the X key.

Put in the number of servings. (In this example two servings are shown.)

Then press ENTER to subtract that value from your daily *PointsPlus* Target, or press C/CE to exit. The *PointsPlus* values you have remaining for the day will be shown.

15

If you are not having a full serving of the food you calculated, use the divide function (the ÷ key) for your calculator to provide the **PointsPlus®** value for the portion you are having.

DIVIDE?

NOTE: According to the Weight Watchers® plan, when you have more than one or only a portion of a serving, the calculator accounts for all the nutrition information you have entered and does not simply multiply or divide the **PointsPlus** value of one serving.

If you already know the *PointsPlus* value of a food, you can track those foods without going through the previous steps.

Press the **PointsPlus** key and you will see CALCULATE? on the screen.

CALCULATE?

Press the DOWN ARROW key to see the word USE? Enter in the known **PointsPlus** value of that food and press ENTER.

USE?
4

The value will be subtracted from your daily target and you'll now see your remaining daily **PointsPlus** values for the day.

DAILY LEFT
25

VIEWING YOUR DAILY *PointsPlus*® TARGET AND WEEKLY *PointsPlus ALLOWANCE*

Press the ✏ key to review. The *PointsPlus* values you have left for that day will appear.

```
DAILY LEFT
3          21
```

Press the DOWN ARROW key to see how much of your weekly *PointsPlus* Allowance you have used.

```
WKLY USED
          10
```

In addition to your daily *PointsPlus* Target, the plan allows you to have a maximum weekly allowance of 49. Please note, if you use more *PointsPlus* values than you have in your daily target, your calculator will automatically put the additional values towards your

weekly allowance. If your weekly allowance used surpasses 49 by any amount, your calculator will let you know you have exceeded 49. See example screen shown.

```
EXCEEDED
          49
```

Because your calculator tracks your *PointsPlus* values for seven days, you can see how you've used your *PointsPlus* values in past days.

After viewing your weekly *PointsPlus* Allowance used (see previous page) press the DOWN ARROW key again to see your information from previous days, starting with Day 1 of tracking.

```
DAILY USED
1          29
```

Continue to press the DOWN ARROW key to scroll through past days and the daily *PointsPlus* values used.

```
DAILY USED
2          31
```

TO START A NEW DAY, you'll need to tell your calculator when tracking for the new day should begin.

Press the ☷ key. If you have not set up your daily target, your daily **PointsPlus®** Target shown will be 0. You should calculate your daily **PointsPlus** Target to track your days (see page 6 for set up instructions).

```
DAILY?
              0
```

If you have completed set up, each time you want to start tracking for a new day press the ☷ key and press ENTER to confirm. Repeat for each new day of tracking.

```
NEW DAY?
2          30
```

When you want to START TRACKING A NEW WEEK, it's just as simple.

You can start tracking a new week on any day; you do not need 7 full days of tracking before you can start a new week. Press the ☷ key between Day 1 to 7.

```
NEW DAY?
3          30
```

Press the DOWN ARROW key to display NEW WEEK? Press ENTER to start a new week.

```
NEW WEEK?
```

While we strongly encourage you set up your daily target to track, for those that would like to or need to manually input a daily **PointsPlus** Target, you can do so when you start tracking a new week. Simply:
– Press the ☷ key and the DOWN ARROW key (same as above.)
– Press ENTER to start a new week and then enter your daily **PointsPlus** Target, and ENTER again.

After you start a new week, your calculator will ask for your current weight because your daily target may change as you get closer to your weight goal.

Your last entered weight will show on the screen. If your weight hasn't changed press ENTER.

WEIGHT
196.1

If your weight has changed, put in your new weight and press ENTER.

WEIGHT?
189

Your calculator will now ask if you want to lose weight. To select LOSE, press ENTER.

LOSE?

22

To choose MAINTAIN, press the DOWN ARROW key. Press ENTER.

MAINTAIN?
PointsPlus Value
0

If you choose MAINTAIN, you will see EXTRA? (See page 9 or talk to your Leader for more clarification regarding additional daily values.)

EXTRA?
PointsPlus Value
4

If applicable, put in the additional *PointsPlus*® values, then press ENTER.

Your daily *PointsPlus* Target will display.

DAILY
PointsPlus Value
33

23

HOW TO TRACK ON DAYS USING THE SIMPLY FILLING TECHNIQUE

Press ⛶ to start a new day. If you have completed set up (see page 6), your daily **PointsPlus®** Target will be displayed. Press ENTER to confirm you are starting a new day.

If this is a Simply Filling day for you, press the **PointsPlus** button and CALCULATE? will display on screen.

CALCULATE?

Press the DOWN ARROW key to display USE?

USE?

Enter in your daily **PointsPlus** Target number. For example, enter in 29 if your daily target is 29 and press ENTER. DAILY LEFT of 0 **PointsPlus** value will be shown.

DAILY LEFT
0

Moving forward for the rest of your Simply Filling day, you only need to track the **PointsPlus** value of foods that are not Weight Watchers® Power Foods. The **PointsPlus** value of any of these foods you calculate and use will be tracked against your weekly allowance.

QUICK TIPS:

- Look at the keypad diagram at the beginning of this guide as a reminder of what each key does.
- For best use of your calculator, personalize it so you can easily track your progress.
- At the beginning of each day, when you want to start tracking, simply press 7, that's it!
- The calculator will automatically turn off after 3 minutes of non-use.
- To preserve battery life, you should remove the battery when you're not using it for a long period of time.
- If you're having a problem or there is a malfunction, you can reset your calculator by inserting a pin or paper clip in the hole marked RESET on the bottom of the unit.
- You should know whenever you remove the battery or reset the calculator, all saved information will be lost and need to be re-entered.

BATTERY INFORMATION:

The battery in your *PointsPlus*® Calculator is a 3-volt lithium battery, type CR2025.

TO REPLACE THE BATTERY:

1. Press down on raised dot area on battery door and slide the battery door out.
2. Remove the battery door and battery by turning the calculator over.
3. Place a new battery into the compartment with the positive (+) side facing up.
4. Place the battery door back into the compartment by sliding the door back into place. Battery door will click back in when secure.