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.

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® GUARANTEE

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 height and weight.
- Calculates your daily PointsPlus® Target and tracks your weekly PointsPlus® Allowance.
- Tracks all the PointsPlus® values you use each day and week.
- Works just like any standard calculator.

GET TO KNOW YOUR CALCULATOR

<table>
<thead>
<tr>
<th>KEYS</th>
<th>FUNCTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>0, 1, 2, 3, 4, 5, 6, 7, 8, 9, &quot;=&quot;</td>
<td>Number keys</td>
</tr>
<tr>
<td></td>
<td>On / off</td>
</tr>
<tr>
<td>C/CE</td>
<td>Clear last entry or cancel</td>
</tr>
<tr>
<td>7</td>
<td>New day and new week</td>
</tr>
<tr>
<td></td>
<td>Setup daily target/weekly allowance; edit personal data</td>
</tr>
<tr>
<td>PointsPlus®</td>
<td>Calculate PointsPlus® value and use PointsPlus® value from calculation or direct entry</td>
</tr>
<tr>
<td></td>
<td>Review daily target and weekly allowance over seven days</td>
</tr>
<tr>
<td></td>
<td>ENTER / Confirm key</td>
</tr>
<tr>
<td>÷, x, -, +</td>
<td>Standard Calculator</td>
</tr>
<tr>
<td>▲▼</td>
<td>Up and down arrows to scroll</td>
</tr>
</tbody>
</table>

GET READY TO ACTIVATE YOUR CALCULATOR!
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 height and weight.
- Calculates your daily PointsPlus Target and tracks your weekly PointsPlus Allowance.
- Tracks all the PointsPlus values you use each day and week.
- Works just like any standard calculator.

GET READY TO ACTIVATE YOUR CALCULATOR!
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 PointsPlus values 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.
2. Use the number keys to put in the number of Protein grams per serving. Press ENTER.
3. Do the same to put in the number of Total Carbohydrate grams per serving. Press ENTER.
4. Put in the Total Fat grams per serving. Press ENTER.
5. Finally, put in the Dietary Fiber grams per serving. Press ENTER.

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

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

The PointsPlus value for one serving of that food will be shown.
Now, you can set up your personal information so it can calculate your daily PointsPlus™ Target and show your weekly PointsPlus Allowance.

1. Press SET UP 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 the next page).

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

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

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

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.

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

*The Up & Down Arrow key will always let you get to another selection.
Now, you can set up your personal information so it can calculate your daily PointsPlus™ Target and show your weekly PointsPlus Allowance.

1. Press SET UP 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 the next page).

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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.

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

   *The Up & Down Arrow key will always let you get to another selection.

Certain foods, especially sugar-free foods, may contain sugar alcohols, which may reduce total PointsPlus values. These ingredients 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, 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.
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.

7. A daily **PointsPlus** Target will be shown.

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

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

**CONGRATULATIONS** – you’ve personalized your **PointsPlus** calculator!

---

**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 19 on manually inputting your daily target in order to track.

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*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.*
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.

7. A daily PointsPlus Target will be shown.

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

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CONGRATULATIONS — you’ve personalized your PointsPlus calculator!

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 19 on manually inputting your daily target in order to track.

*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.
Press \(\uparrow\). Press the DOWN ARROW key to see all your information, including age, gender, height, weight, daily PointsPlus Target, and weekly PointsPlus Allowance.

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

To change either age, height, or weight, press 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.

Then enter in the new number and press ENTER.

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

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.

Your daily PointsPlus Target will be calculated.
YOU CAN CHANGE YOUR PERSONAL INFORMATION

Press \( \text{\textless} \). Press the DOWN ARROW key to see all your information, including age, gender, height, weight, daily PointsPlus Target, and weekly PointsPlus Allowance.

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

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

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.

Your daily PointsPlus Target will be calculated.
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 19-20).

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 values that you calculate and the PointsPlus values for foods you already know.

To track the PointsPlus values 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.

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 CE to exit. The PointsPlus values you have remaining for the day will appear on the screen.
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 19-20).

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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 CE to exit. The PointsPlus values you have remaining for the day will appear on the screen.
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.

**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.

Now if you already know the PointsPlus value of a food, you can track those foods without going through the steps above.

**NOTE:** If you use more PointsPlus values than you have in your daily PointsPlus Target, your calculator will automatically subtract them from your weekly allowance. Use the DOWN ARROW key to view your remaining weekly PointsPlus Allowance.

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

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

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

**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.

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

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

Press the DOWN ARROW key to see how much of your weekly *PointsPlus* Allowance is left.

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

Continue to press the DOWN ARROW key to scroll through past days and the daily *PointsPlus* values used.
VIEWING YOUR DAILY PointsPlus™ TARGET AND WEEKLY PointsPlus ALLOWANCE

Press the $\text{ĕ}$ key to review. The PointsPlus values you have left for that day will appear.

Press the DOWN ARROW key to see how much of your weekly PointsPlus Allowance is left.

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

Continue to press the DOWN ARROW key to scroll through past days and the daily PointsPlus values used.
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). If you have completed set up, your daily PointsPlus Target is displayed, press ENTER to confirm.

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.

When you want to start tracking a new week, it’s just as simple.

Press ✗ key between Day 1 to 7. (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 DOWN ARROW key.

Press ENTER to start a 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 ✗ 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.
To start a new day, you’ll need to tell your calculator when tracking for the new day should begin.

Press the 7 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). If you have completed set up, your daily PointsPlus Target is displayed, press ENTER to confirm.

Each time you want to start tracking for a new day press the 7 key and press ENTER to confirm. Repeat for each new day of tracking.

When you want to start tracking a new week, it’s just as simple.

Press 7 key between Day 1 to 7. (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 DOWN ARROW key.

Press ENTER to start a 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 7 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.

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

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

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

If you choose maintain, you will see EXTRA? (See page 6 or talk to your Leader for more clarification regarding additional daily values.) If applicable, put in the additional PointsPlus values, then press ENTER.

Your daily PointsPlus Target will display.
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.

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

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

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

If you choose maintain, you will see EXTRA? (See page 6 or talk to your Leader for more clarification regarding additional daily values.) If applicable, put in the additional PointsPlus values, then press ENTER.

Your daily PointsPlus Target will display.
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 , that’s it!
• The calculator will automatically turn off after 3 minutes of non-use.
• To preserve battery life, you should remove the battery from your PointsPlus Calculator 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 also reset your calculator by inserting a pin or paper clip in the hole with RESET hole at the side.

But 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. Use a coin to rotate the battery door counterclockwise and loosen.
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 and rotate clockwise to lock.
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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® GUARANTEE

WEIGHT WATCHERS is the registered trademark of Weight Watchers International, Inc. The PointsPlus Weight Loss System, trademark and formula are proprietary to Weight Watchers International, Inc. Patent pending.

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