



Be the man with the online plan.

So, what's the plan?

Weight Watchers Online for Men isn't some random app or calorie counter — this is a customized plan made just for guys. Real guys. Guys who like to eat real food. This is a plan you can not only live with, but also have a life with.

Weight Watchers Online for Men is based on a proven approach to weight loss. And, men enjoy tools and benefits to help them reach their weight-loss goals:

- **YOUR PLAN. YOUR WAY.**
Follow the entire Plan online on your own time and on your terms.
- **MOBILE APPS***
Take the Plan with you no matter where life takes you.
- **SNAP & TRACK**
In a crowd? Take a picture of your meal and track it later.
- **RESTAURANT FINDER**
Decode menus and make informed choices.
- **OVER 200,000 FOOD OPTIONS**
Our ever-growing database of foods and recipes gives you lots of choices.

*You will be automatically charged each month for your Weight Watchers Online subscription in accordance with your company's pricing until you cancel.

*Weight Watchers Mobile apps are available to Weight Watchers Online subscribers on select devices, including iPhone, iPad and Android.

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