

PointsPlus® Calculator: Quick Start Guide

Congratulations! You now own an exciting tool created to help you follow the Weight Watchers® PointsPlus program.

This Quick Start Guide will help get you up and running with your new calculator quickly and effortlessly. By using this Guide you can start calculating **PointsPlus** values and personalize it right away. Be sure to read the full *User Guide* to learn how to track your daily/weekly values, change your information, and more, which will ensure you get maximum benefit from its use.



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 over past days
ENTER	ENTER / Confirm key
÷, ×, %, +	Standard calculator functions
▲▼	Up and down arrows to scroll

1 ACTIVATE YOUR CALCULATOR

We use a clear plastic tab to keep your battery fresh. Simply remove the tab and press ⏻ to get started.

2 ENTER YOUR PERSONAL INFORMATION

To calculate your daily **PointsPlus** Target you need to tell your calculator about yourself.

Press 🔧 (This is the key you press any time you want to calculate your daily target and view your weekly allowance. Also press this button if you need to change your info at any time.)

THEN, use the number keys followed by the ENTER key to provide your: age, gender, height (in feet and inches), and current weight.

NEXT, tell your calculator if you want to lose or maintain weight. Press ENTER to confirm lose OR press the down arrow key to maintain; then press ENTER. If you are maintaining, you will be asked to enter the number of additional **PointsPlus** values. (You may want to talk to your Leader or refer to your Program materials for more information on adding additional daily values.) Your daily **PointsPlus** Target will be shown.

Your calculator is now personalized and ready to start tracking!



3 START CALCULATING PointsPlus® VALUES NOW

While we recommend you personalize your calculator to make the most of all its features, you can calculate **PointsPlus** values right away. You will need to enter your information to track your **PointsPlus** values. (See Step 2)

FIRST, be sure you have the nutrition information for the food you are entering. Let your calculator know you want to calculate a food value by pressing the **PointsPlus** key. Press ENTER when you see CALCULATE? on the screen.

THEN, use the number keys followed by the ENTER key to input the following: Total Fat grams, Total Carbohydrate grams, Dietary Fiber grams, and Protein grams. You will then see the **PointsPlus** value for that food.



QUICK TIPS:

- To get to know your calculator, refer to the diagram of the keys to see what each key does.
- For best use of your calculator, personalize it so you can easily track your progress – weekly and daily.
- To clear any entry, simply press C/CE.
- Your calculator will preserve its battery – after three minutes of being idle, it automatically turns off.

Refer to the User Guide to use the following features: Start tracking your daily and weekly values – page 14-15; Begin tracking for a new day – page 20; and Begin a new week – page 21.

ENJOY YOUR NEW CALCULATOR! IT WILL BE A GREAT TOOL TO HELP YOU FOLLOW THE WEIGHT WATCHERS® PointsPlus PROGRAM.