welcome,
you’ve made a great choice.

For more than 50 years Weight Watchers® has helped millions of people to not only lose weight but keep it off for good. We are with you every step of the way in whatever way suits you.

ALL WE ASK IS:

- You’re at least 13 years old.
- You’re accompanied to your meetings by a parent or guardian.
- We have written permission from your doctor to follow the Weight Watchers programme.

Your doctor will confirm if you need to lose weight* and what your target weight should be using the attached letter.

HERE’S WHAT HAPPENS:

1 Your doctor will need to set your target weight for you because the way we measure a healthy weight for adults (Body Mass Index) doesn’t apply to teenagers.

2 As you are still growing, a healthy weight loss for you is around 1lb a month.

3 You get a SmartPoints® budget depending on your age and your gender. This is divided into a daily and a weekly allowance. For everything you need to know about SmartPoints, look at your The Pocket Guide.

<table>
<thead>
<tr>
<th>Age</th>
<th>Daily SmartPoints allowance</th>
<th>Weekly SmartPoints allowance</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Male</td>
<td>Female</td>
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<td>13</td>
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<td>17</td>
<td>40</td>
<td>30</td>
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Once you turn 18 you can follow the standard Weight Watchers programme.

4 Have 2-4 portions of low-fat milk and dairy products every day, to make sure you get all the nutrients you need for good health.

*If you are at or above the 95th percentile for your age and gender

Doctor

Dear

This teenager wishes to become a member of Weight Watchers.

As an NHS-approved weight loss provider we take our responsibilities towards the health of young people very seriously. We are happy to accept young people from the age of 13 as members as long as they:

- Are accompanied by a parent or guardian.
- Have written approval from you, giving them permission to join Weight Watchers.
- Have a target weight set by you, and reviewed by you every six to nine months, to make sure they are not losing weight too quickly.
- Are at or above the 95th percentile for their age and gender.

If you feel this young person would benefit from losing weight with Weight Watchers, please complete the form overleaf and set a suitable target weight.

For more information about the Weight Watchers programme and young people, visit weightwatchers.com/uk/teenagers
TO BE COMPLETED BY THE WEIGHT WATCHERS COACH

Date: ........................................................................

Teenager’s name: ........................................................................

Coach’s name and meeting name: ........................................................................

Area number and meeting number: ........................................................................

**Coach:** To ensure our youngest members are properly cared for, it’s important this form is filled in. Once completed, return to Head Office in your tally envelope.

TO BE COMPLETED BY THE TEENAGER’S DOCTOR

Date: ........................................................................

I ........................................................................

(Doctor’s name)

of ........................................................................

(Surgery address)

confirm that this teenager is at or above the 95th percentile for someone of the same age and gender, and that I support

(Teenager’s name)

in losing weight and attending their local Weight Watchers meeting with a parent or guardian.

<table>
<thead>
<tr>
<th>Date</th>
<th>Target Weight</th>
<th>Review date</th>
<th>Signature</th>
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<tbody>
<tr>
<td>Example: 01/11/17</td>
<td>70kg / 11 stone</td>
<td>01/05/18</td>
<td>xxxxxxxxxxxxxxx</td>
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