See how to make the most of the new flexibility!

FREESTYLE your food plan!

See how to make the most of the new flexibility!
**Welcome to WW Freestyle™**, our new program that builds on SmartPoints®. Now there are more foods with a SmartPoints value of 0 so there’s less measuring and tracking. And you can roll over SmartPoints for more flexibility! The result: more freedom to live life and enjoy every moment.

**WHAT YOU MIGHT ASK:**

**If I can eat all I want of zero Points® foods, how will I lose weight?**

Zero Points foods provide the foundation of a healthy eating pattern and are less likely to be overeaten than other foods. Our research indicates that members were able to eat these foods, without tracking or measuring, and lose weight successfully. (Eat zero Points foods until you’re satisfied, but not “stuffed.”)

**Should I be eating ONLY zero Points foods?**

Nope; eating certain foods on a list sounds a lot like a d-i-e-t (and who wants to be on a diet?). A healthy pattern of eating combines zero Points foods and SmartPoints value foods. Enjoy a variety of foods you love instead of depending only on zero Points foods.

**Is tracking still important?**

Yes! Being mindful of what you eat is a cornerstone of the program and tracking is a key tool. While you don’t have to track zero Points foods, it’s still important to track foods that have SmartPoints values. And remember, tracking will allow you to roll over up to four unused Daily SmartPoints to your Weekly SmartPoints each day.

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**WHAT TO DO:** EXPLORE IT!

See how our new WW Freestyle™ program boosts flexibility and freedom! Take a look at a typical lunchtime salad with ingredients and SmartPoints on our previous plan, left. Then check the ingredients in “My Day” and fill in the SmartPoints in the chart on the right.

### BEFORE: **8 SmartPoints**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups lettuce</td>
<td>0</td>
</tr>
<tr>
<td>¼ cup grape tomatoes</td>
<td>0</td>
</tr>
<tr>
<td>¼ cup chickpeas</td>
<td>2</td>
</tr>
<tr>
<td>1 sliced hard-boiled egg</td>
<td>2</td>
</tr>
<tr>
<td>3 oz chopped grilled skinless chicken breast</td>
<td>2</td>
</tr>
<tr>
<td>2 Tbsp low-fat balsamic vinaigrette</td>
<td>2</td>
</tr>
</tbody>
</table>

### AFTER: **4 SmartPoints**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups lettuce</td>
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</tr>
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</table>

For the full list of zero Points foods, check weightwatchers.com/zeropoints.
THINK AGAIN
Change isn’t always easy, but if you can pinpoint unhelpful thoughts about it, you can reality check them to see the benefits of the new program.

UNHELPFUL
“I’m not going to lose weight if I can eat all the zero Points foods I want.”

HELPFUL
“These may be zero Points foods, but they’re the base of a healthy eating pattern. And they’re foods that are unlikely to be overeaten. I’ll focus on enjoying them until I’m satisfied, but not stuffed.”

UNHELPFUL
“My SmartPoints Budget has gone down. I’ll never be able to stick to it.”

HELPFUL
“My SmartPoints Budget has gone down. But with so many zero Points foods, I can mix and match to make tasty meals that will help me lose weight.”

YOUR TURN! Think about a time you faced a change in your routine. Write an unhelpful thought you had in reaction. Give it a reality check, then write your helpful thought here.

UNHELPFUL
________________________________________
________________________________________
________________________________________
________________________________________

HELPFUL
________________________________________
________________________________________
________________________________________
________________________________________

WHAT DO YOU LOVE ABOUT THE WW FREESTYLE™ PROGRAM?
We tested WW Freestyle with members like you—and it delivered weight loss and more: Compared to before they started the program, they reported better stamina and flexibility, lower food cravings and hunger, greater happiness and weight-related quality of life. Here’s what members are enjoying about eating the WW Freestyle way:

“BEANS! I started adding them to a lot of meals, including bean salads for lunch.” —JENNA

“BEEN EATING MORE EGGS, NONFAT YOGURT, CORN, AND SEAFOOD. I LIKE THAT I DON’T HAVE TO EAT ALL MY POINTS AND CAN CARRY SOME OVER EVERY DAY.” —LAURA

“Tracking is much simpler. So I track more consistently. And eating in restaurants is easier because I have more zero Points choices to help bulk up my meal.” —SALLY

“WHITE CHICKEN CHILI! I WAS SO EXCITED TO SEE THAT THE SMARTPOINTS VALUE DROPPED FROM 6 TO 1 BECAUSE OF THE BEANS AND CHICKEN BEING ZERO POINTS FOODS.” —STEPHANIE

“I’m back to eating and enjoying more fish and chicken. I thought I was bored with them, but now that they’re zero Points foods, I’m finding good ways to include them.” —NETTIE

What do you love about your #Freestyle? Share on Connect on the mobile app (for subscribers).
Spray ridged grill pan with nonstick spray and set over medium-high heat. • Sprinkle chicken with ½ teaspoon salt and ¼ teaspoon pepper. Place chicken in pan and grill, turning once, until chicken is cooked through, 8–10 minutes. • Meanwhile, to make salsa, combine strawberries, balsamic glaze, basil, scallions, jalapeño, remaining ½ teaspoon salt, and remaining ¼ teaspoon pepper in medium bowl and stir gently to combine. • Serve chicken with salsa. Yields: 1 cutlet with ½ cup salsa per serving.

Bright flavors and quick prep!

1 SmartPoints® VALUE PER SERVING // PREP 10 MIN // COOK 10 MIN // SERVES 4

4 (5-oz) skinless boneless chicken breast cutlets
1 tsp salt
½ tsp black pepper
2 cups hulled diced fresh strawberries
3 Tbsp balsamic glaze
2 Tbsp thinly sliced fresh basil
2 Tbsp thinly sliced scallions
2 tsp minced jalapeño pepper

From our upcoming WW Freestyle Cookbook!