

## Pointsplus Calculator User Guide

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Pointsplus Calculator User Guide

• For best use of your calculator, personalize it so you can easily track your progress. The battery in your PointsPlus Calculator is a 3-volt lithium battery, type CR2025. • At the beginning of each day, when you want to start tracking, simply press, that ' s it!

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Page 1 CUSTOMER SERVICE C C a l l c e n t e r 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 USA.; Page 2 ÷, x, -, + ÷, x, -, + ÷, x, -, + ÷, x, -, + • Tracks all the PointsPlus values you use each day and week.

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Press ENTER key for three seconds. ENTER to confirm. 3. The display will change to NOTE: If you are using this calculator to track PointsPlus values, after every WEIGHT? Enter in the new seven days of tracking, your calculator will ask you to confirm or update your number and press ENTER. Page 7 40. Press ENTER to confirm to confirm lose or press the your new weekly allowance. down arrow key and ENTER to choose maintain.

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Total Fat (g), Carbohydrates (g), Fiber (g) and Protein (g). If fiber information is not available, use zero. Input the required nutritional information in the calculator above. Then click "calculate" to find out the total Weight Watchers Points Plus values for that food item. Use the reset button to clear all fields.

Points Plus Calculator - Weight Watchers Online Tool

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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 7 DOWN ARROW key\* to display MALE? and press ENTER. 4. Tell your calculator how tall you are. The default is Imperial, press ENTER to select; if you would like to use Metric press DOWN and

SmartPointsTM Calculator User Guide - Weight Watchers

Weight Watchers Points Plus Calculator The Weight Watchers PointsPlus program is essentially an overhaul of the old Weight Watchers Points system . While it had been successfully working for many dieters over the last thirteen years, breakthroughs in understanding of the weight loss process , and nutritional content have seen a huge increase in healthy eating and lifestyle change, to accompany ...

Weight Watchers Points Plus Calculator

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To track the PointsPlus value 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 or press C/CE to exit.

WEIGHTWATCHERS GUARANTEE

PointsPlus/Pro Points per Day <150 lbs <68 kgs: 18 to 23 points: Use the " daily PointsPlus target calculator " above: 150 to 174 lbs: 68 to 79 kgs: 20 to 25 points: 175 to 199 lbs: 80 to 90 kgs: 22 to 27 points: 200 to 224 lbs: 91 to 101 kgs: 24 to 29 points: 225 to 249 lbs: 102 to 113 kgs: 26 to 31 points: 250 to 274 lbs: 114 to 124 kgs: 28 to 33 points: 275 to 299 lbs: 125 to 135 kgs

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