

Using eTools

New User:
www.weightwatchers.com/login
Use steps:

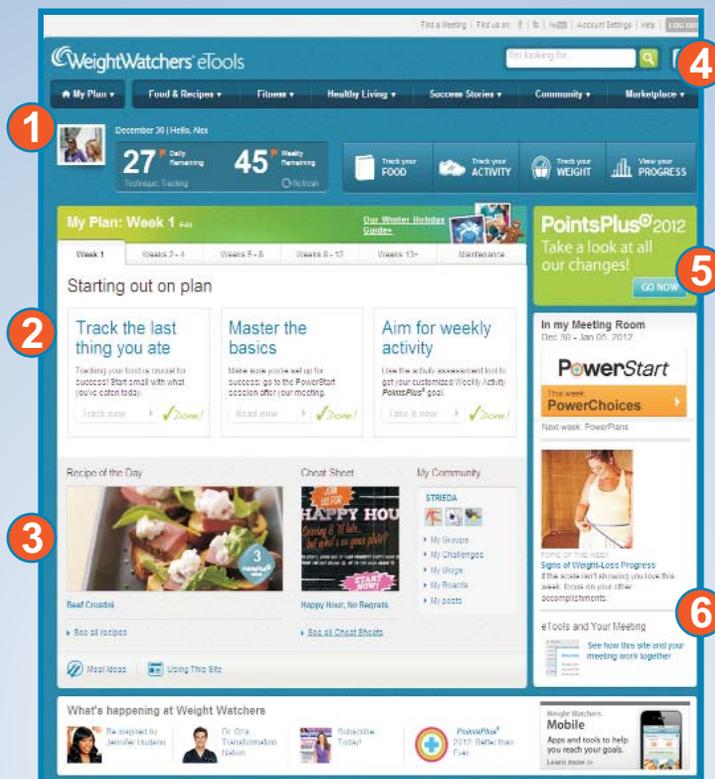
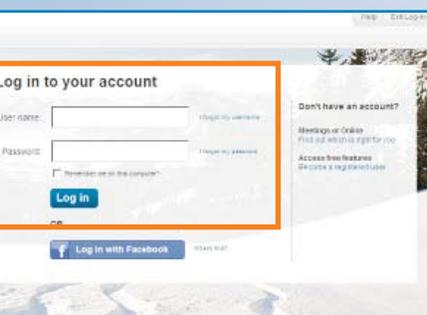


Your Temporary Username (your Monthly Member number) located on the front of your Temporary Pass.

Your Temporary Password, which is your Registration Number (or Lifetime Member ID if you are a Lifetime Member), and your Member Number on the front of your Weight Record.

When you log in you will be directed to your Personalized Dashboard. Your Temporary Username and Password are used for security reasons and to track your progress against the terms and conditions.

For an existing Username (including Lifetime Members):
 Log in as usual at www.weightwatchers.com/login

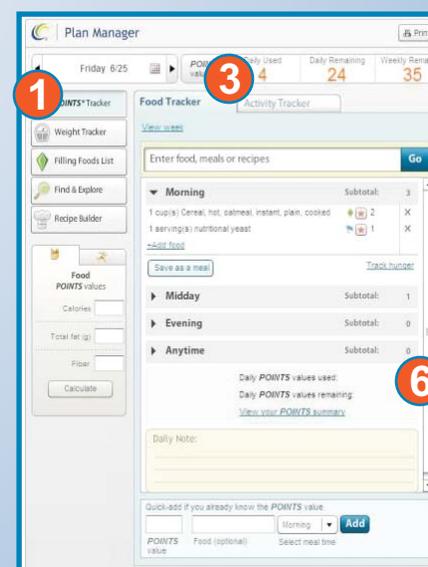


Part One: Personalized for you

- 1 Personalized display of profile picture, DPT and WPA.
- 2 Receive three tasks each week based on tenure in the plan (members can check off their progress).
- 3 Play with interactive cheat sheets, get essential info, and try our great recipes.
- 4 Easy access to the Food, Activity, and Weight Tracking Tools.
- 5 Find out how **PowerStart** works and get more info on the Topic of the Week.
- 6 Track on the go with Mobile.

Part Two: Food and its Activity PointsPlus Tracker

- 1 Indicators in dashboard include Daily Remaining WPA **PointsPlus**. The Tracker Plan Manager is the key tool for keeping your members on track with the Food and Activity Calculator.
- 2 Settings: Adjust DPT, WPA, or Filling Technique
- 3 Food and Activity Tracker Tab
- 4 Favorites and Recently Added
- 5 Recipes, Articles, and Topic of the Week. Users can search for over 30,000 recipes, activities in the database
- 6 Good Health Guidelines/Healthy Living. Members can track their daily and weekly progress against Good Health Guidelines.



Part One: Move it or Lose it Assessment

Weekly activity *PointsPlus* goal of 14 in Plan Manager. Then head to the site for a more detailed assessment that is based off the activity your pedometer does.



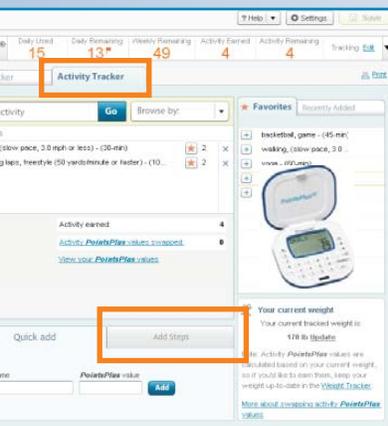
Part Two: Move it or Lose it Tracker

The *PointsPlus* Tracker lives in the Plan Manager and is used to track the *PointsPlus* Tracker

Users can look up specific activities, watch exercise videos and find the activity *PointsPlus* values earned for completing them.

Users can swap Activity *PointsPlus* values for *PointsPlus* values. They can choose to track daily, weekly or not at all. Head to the Plan Manager to customize.

Users can choose to move to walk and use a pedometer to track their steps by inserting their average # of steps taken.



Part Four: Move it or Lose it Fitness Content

- The Fitness section is designed to help subscribers broaden his or her horizons when it comes to activity.
- There are articles which help members find a new workout, start a walking program or learn what Pilates is all about.
- Members can watch and print out complete workouts to do at home or the gym.
- Users can take some time to watch the carefully created exercise demos to get ideas to try at home or at the gym.



Part Five: Inspire and Be Inspired Community

- Making new friends is easy with the Weight Watchers Community.
- Users can create their own profile page, upload photos, keep up with friends, and participate in their own groups and challenges.
- Members can also share their personal story with the Community by writing their own blog. (See image at top right).

Part Five: Inspire and Be Inspired Community



Part Six: eTools for Men

Guys approach the daily challenges of losing weight differently than women do, eTools has a site just for men that offers them resources like:

- Health & nutrition guides just for men
- Expert gear and gadget reviews
- Tips from real guys who have been successful
- Meal ideas for foods guys actually want to eat



Recipe Builder

The Recipe Builder is that tool that lets you input all their ingredients into the system and it automatically calculates the PointsPlus value. Members can save recipes to make them available to themselves. If the time was taken to create multiple versions of any recipe, save them to the *View my recipes* tab.

Share with others. Take a recipe as your masterpiece and share it with the Weight Watchers Community.

Go to the Recipe section to get the most out of it.

Recipe Builder

Day

Events like Picnics, Bridal Showers, Birthdays, Holidays

ing Out

ing lists

w to Cook

the Recipes & Menus section to create recipe collections such as zero points recipes and vegetarian recipes.

oes

ize

SHARE

IDEASHOW



Part Three: The Weight Tracker

One phenomenal tool designed to help members record their weight and measurements. Every member should feel proud of their accomplishments. At the bottom of the page, there is a key explaining what each successful milestone means.

Users can also track measurements like waist, dress and hip size for women and neck size for men.

And if your member attends a Weight Watchers center, they can see their weight and measurements automatically get sent to the site. They don't have to track it themselves.

Earn milestones for a job well done!

Alex's statistics for Nov 6, 2011 - Dec 25, 2011	
Weight Change	
Average weekly	4.3 lbs
Total	-30 lbs
PointsPlus values usage	
Average	
Some info is not available for this time period	
Daily used	5



To Remember

