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

This Quick Start Guide will help you get 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.

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 POINTPLUS™ 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.

THEN, use the number keys followed by the ENTER key to input the following: Protein grams, Total Fat grams, Total Carbohydrate grams, and Dietary Fiber 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 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 12; Begin tracking for a new day – page 18; and Begin a new week – page 19

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

Weight Watchers is the registered trademark of Weight Watchers International, Inc. The PointsPlus Weight Loss System, trademark and formula are proprietary to Weight Watchers International, Inc. Patent pending. Printed in China.