

SmartPoints™ Calculator

User Guide



weightwatchers

GET TO KNOW YOUR CALCULATOR




KEYS:	FUNCTION:
0, 1, 2, 3, 4, 5, 6, 7, 8, 9, "."	Numeric keys
⏻	Switch on/off
CE	Clear last entry or cancel
7	New Day and New Week
🔧	Setup Daily Target/Weekly Allowance and edit personal data
SmartPoints™	Calculate SmartPoints™ value and use SmartPoints value from calculation or direct entry
📝	Review Daily Target/Weekly Allowance over seven days
ENTER	ENTER/Confirm key
÷, x, -, +	Standard calculator functions
▲▼	Scrolls Up and Down

Congratulations! You now own an exciting new tool created to help you follow the Weight Watchers® program. Spend some time getting to know your **SmartPoints™ Calculator** to ensure you get the maximum benefits from its use.

The calculator does more than simply calculate the SmartPoints values of your favorite foods. It also:

- Keeps track of your personal information, like your age, height and weight.
- Calculates your Daily SmartPoints Target and Weekly SmartPoints Allowance.
- Allows you to edit your Daily Target and Weekly Allowance.
- Tracks all the SmartPoints values you use each day and week.
- Works just like any standard calculator.

GET READY TO ACTIVATE YOUR CALCULATOR!

We inserted a clear plastic tab to keep your battery fresh. To activate your calculator, just pull out the tab or to get started, or press the  **ON** key.

The display will read ENGLISH ? If this is the desired language press **ENTER**. If you would like to chose French or Spanish, press the **DOWN ARROW** key to either select FRANCAIS? or ESPANOL?. Once your desired language is selected press **ENTER** to confirm.

START CALCULATING SMARTPOINTS™ VALUES NOW

While it's best to set up the calculator with your personal information (see page 6), you can calculate a SmartPoints value right away. Be sure you have the nutrition information for the foods you are entering handy.

Here's how to get started:

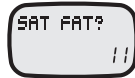
1. Press the **SmartPoints** key, then press **ENTER**.



2. Use the number keys to put in Total Calories per serving. Press **ENTER**.



3. Do the same to put in the number of Total Saturated Fat grams per serving. Press **ENTER**.



4. Put in the grams of Sugar per serving. Press **ENTER**.



5. Finally, put in the Protein grams per serving. Press **ENTER**.




The SmartPoints value for the serving of the food you entered will be shown.



ENTER YOUR PERSONAL INFORMATION

Now, you can set up your personal information so it can calculate your Daily SmartPoints Target and show your Weekly SmartPoints Allowance.

1. Press  to start set up. This is the key you press any time you want to set up your Daily Target and Weekly Allowance. Also press this key if you need to change your info (we will show you how on page 10).



TIP: Any time you want to clear an entry, simply press **CE** once.



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

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 then **ENTER** to continue. 0 will flash first for feet. Put in feet or meters, press **ENTER**. Next, 00 will flash for inches. Put in inches or centimeters, press **ENTER**.

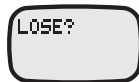


5. Finally, tell your calculator your current weight in pounds or kilograms, and press **ENTER**.



**The UP and DOWN ARROW keys will always let you get to another selection.*

6. Your calculator will now ask you if you want to lose weight or maintain your weight. First,



LOSE? will appear on the screen. If you want to lose weight, press **ENTER**. If you want to maintain your weight, press the **DOWN ARROW** key to display MAINTAIN? Then, press **ENTER**.

7. If you have chosen to lose weight, your Daily SmartPoints Target will be shown.



8. If you choose to MAINTAIN, your Daily Target will be displayed and will flash. Press **ENTER** to confirm or the **UP** or **DOWN ARROW** key 1-3 times to your desired Daily Target. In this example, we pressed the **UP** key three times to 33.



Important Note: If you are 17 years of age or below, your calculator will be unable to provide your Daily SmartPoints Target. Please speak with your Leader for your Daily Target. See page 21 on manually inputting your Daily Target in order to track.

Press **ENTER** to confirm the new target. (While in the MAINTAIN mode, you can only change your Daily SmartPoints Target by plus or minus 3 SmartPoints but can not go below the minimum of 30 Daily SmartPoints Target.)




9. After reviewing your Daily SmartPoints Target, press the **DOWN ARROW** key to view your Weekly Allowance.
10. To exit, press **ENTER** or **CE**.

CONGRATULATIONS – you’ve personalized your SmartPoints Calculator!

**As nursing mothers receive additional SmartPoints values, we recommend they use the MAINTAIN option when setting up their Daily SmartPoints Target. If you need more information about the Daily SmartPoints Target for nursing moms, please see the Weight Watchers® program materials or ask your Leader.*

CHANGE YOUR PERSONAL INFORMATION

1. To clear and reset ALL the information you previously entered, press the reset button on the back of your calculator. You will then need to do your setup again (*page 6*).
2. To change either age, height, or weight, press the  key and then the **DOWN ARROW** key until you find the item you want to change (*In this example, we will change weight*). When you get to WEIGHT, press and hold the **ENTER** key for three seconds.
3. The display will change to WEIGHT? Enter in the new number and press **ENTER**.




4. RESET will appear on the screen for two seconds confirming the change you made.
5. Every time you make a change, your calculator will ask you if you want to lose weight. Press **ENTER** to confirm LOSE. To choose MAINTAIN, press the **DOWN ARROW** key and then **ENTER**.
6. Your calculated Daily SmartPoints Target will be displayed. Press **ENTER** to confirm your Daily Target.
7. Finally, your personalized Weekly Allowance will be displayed. Press **ENTER** to confirm.



NOTE: If you are using this calculator to track SmartPoints values, after every seven days of tracking, your calculator will ask you to confirm or update your weight to help you progress towards your goal (see page 22-23).

EDITING YOUR DAILY AND WEEKLY VALUES

1. To change your daily and/or weekly values, press the  key and then the **DOWN ARROW** key until you get to WEIGHT. Press and hold the **ENTER** key for three seconds and update or re-enter your current weight at WEIGHT? screen; press **ENTER**.
2. After doing this, the calculator will reset and you need to choose if you want to lose or maintain weight. Press **ENTER** to confirm LOSE or press the **DOWN ARROW** key and **ENTER** to choose MAINTAIN.
3. If you choose to MAINTAIN, your Daily Target will be displayed and



will flash. Press **ENTER** to confirm or the **UP** or **DOWN ARROW** key 1-3 times to your desired Daily Target. In this example, we pressed the **UP** key three times to 33. Press **ENTER** to confirm the new target.



4. Then your Weekly Allowance of 35, in this case, will be displayed and will flash. Press **ENTER** to confirm 35 or press the **DOWN ARROW** key to your desired Weekly Allowance. In this example, the Weekly Allowance was edited to 28. Press **ENTER** to confirm your new Weekly Allowance.



NOTE: Any time you change your personal information (age, height, weight), adjust your daily or weekly values, your tracking will restart at day 1 to start a fresh week at your new settings.

TRACKING SMARTPOINTS™ VALUES

Now that you've personalized your calculator with your Daily SmartPoints Target, you are ready to begin tracking. Your calculator can track both the SmartPoints value that you calculate and the SmartPoints value for foods you already know.

To track the SmartPoints value that you have calculated:

Every time you calculate a SmartPoints value for a new food, the word **USE?** will appear on your screen. (See page 4 for calculating SmartPoints values.) Press **ENTER** to tell your calculator to subtract this SmartPoints value from your Daily SmartPoints Target or press **CE** to exit.



If you are having more than one serving of the same food, you can multiply the serving and the calculator will calculate the total SmartPoints value. To multiply the number of servings, press the **X** key.

Put in the number of servings. (In this example two servings are shown.)

Then press **ENTER** to subtract that total value from your Daily SmartPoints Target, or press **CE** to exit. The SmartPoints values you have remaining for the day will be shown.



If you are not having a full serving of the food you calculated, use the divide function (the ÷ key) for your calculator to provide the SmartPoints™ value for the portion you are having.



NOTE: When you have more than one or only a portion of a serving, the calculator accounts for all the nutrition information you have entered and will multiply or divide the SmartPoints value of one serving.

If you already know the SmartPoints™ value of a food, you can track those foods without going through the previous steps.

Press the **SmartPoints** key and you will see CALCULATE? on the screen.




Press the **DOWN ARROW** key to see the word USE? Enter in the known SmartPoints value of that food and press **ENTER**.



The value will be subtracted from your Daily Target and you'll now see your remaining Daily SmartPoints values for the day.



VIEWING YOUR DAILY SMARTPOINTS™ TARGET AND WEEKLY SMARTPOINTS ALLOWANCE

Press the  key to review. The SmartPoints values you have left for that day will appear.



Press the **DOWN ARROW** key to see how much of your Weekly SmartPoints Allowance you have used.



In addition to your Daily SmartPoints Target, the plan allows you to have a personal Weekly Allowance based on your age, height, weight and gender. Please note, if you use more SmartPoints values than you have in your Daily Target, your calculator will automatically put the additional values towards your Weekly Allowance. If your Weekly Allowance used surpasses your

personalized weekly number by any amount, your calculator will let you know you have exceeded that specific amount. See example screen shown.



Because your calculator tracks your SmartPoints values for seven days, you can see how you've used your SmartPoints values in past days.

After viewing your Weekly SmartPoints Allowance used (see *previous page*) press the **DOWN ARROW** key again to see your information from previous days, starting with Day 1 of tracking.



Continue to press the **DOWN ARROW** key to scroll through past days and the Daily SmartPoints values used.



TO START A NEW DAY, you'll need to tell your calculator when tracking for the new day should begin

Press the **[7]** key. If you have not set up your Daily Target, your Daily SmartPoints™ Target shown will be 0. You should calculate your Daily SmartPoints Target to track your days (*see page 6 for set up instructions*).



If you have completed set up, each time you want to start tracking for a new day press the **[7]** key and press **ENTER** to confirm. Repeat for each new day of tracking.



When you want to START TRACKING A NEW WEEK, it's just as simple.

You can start tracking a new week on any day; you do not need 7 full days of tracking before you can start a new week. Press the **[7]** key between Day 1 to 7.



Press the **DOWN ARROW** key to display NEW WEEK? Press **ENTER** to start a new week.



While we strongly encourage you set up your Daily Target to track, for those that would like to or need to manually input a Daily SmartPoints Target, you can do so when you start tracking a new week. Simply:

- Press the **[7]** key and the **DOWN ARROW** key (same as above.)
- Press **ENTER** to start a new week and then enter your Daily SmartPoints Target, and **ENTER** again.

After you start a new week, your calculator will ask for your current weight because your Daily Target may change as you get closer to your weight goal.

Your last entered weight will show on the screen. If your weight hasn't changed press **ENTER**.



If your weight has changed, put in your new weight and press **ENTER**.



Your calculator will now ask if you want to lose weight. To select LOSE, press **ENTER**.



To choose MAINTAIN, press the **DOWN ARROW** key. Press **ENTER**.

If you choose MAINTAIN, you will see EXTRA? (See page 9 or talk to your Leader for more clarification regarding additional daily values.)

If applicable, put in the additional SmartPoints values, then press **ENTER**.

Your Daily SmartPoints Target will display.



HOW TO TRACK ON DAYS USING THE SIMPLY FILLING TECHNIQUE

Press **[7]** to start a new day. If you have completed set up (see page 6), your Daily SmartPoints™ Target will be displayed. Press **ENTER** to confirm you are starting a new day.

If this is a Simply Filling day for you, press the **SmartPoints** button and CALCULATE? will display on screen.



Press the **DOWN ARROW** key to display USE?

Enter in your Daily SmartPoints Target number. For example, enter in 30 if your Daily Target is 30 and press **ENTER**. DAILY LEFT of 0 SmartPoints value will be shown.



Moving forward for the rest of your Simply Filling day, you only need to track the SmartPoints value of foods that are not Weight Watchers® No Count items. The SmartPoints value of any of these foods you calculate and use will be tracked against your Weekly Allowance.

QUICK TIPS:

- Look at the keypad diagram at the beginning of this guide as a reminder of what each key does.
- For best use of your calculator, personalize it so you can easily track your progress.
- At the beginning of each day, when you want to start tracking, simply press **[7]**, that's it!
- The calculator will automatically turn off after 3 minutes of non-use.
- To preserve battery life, you should remove the battery when you're not using it for a long period of time.*
- If you're having a problem or there is a malfunction, you can reset your calculator by inserting a pin or paper clip in the hole marked RESET on the bottom of the unit.*

** You should know whenever you remove the battery or reset the calculator, all saved information will be lost and need to be re-entered.*

BATTERY INFORMATION:

The battery in your **SmartPoints™ Calculator** is a 3-volt lithium battery, type CR2025.

TO REPLACE THE BATTERY:

1. Press down on raised dot area on battery door and slide the battery door out.
2. Remove the battery door and battery by turning the calculator over.
3. Place a new battery into the compartment with the positive (+) side facing up.
4. Place the battery door back into the compartment by sliding the door back into place. Battery door will click back in when secure.

WEIGHT WATCHERS® EXCLUSIVE

This product was designed exclusively to help you follow the Weight Watchers® program all the way to success!

WHAT DO YOU THINK?

We value your input. If you have any questions or comments about this product, please contact us toll free in the US at **1 (800) 767-7501** or in Canada at **1 (866) 557-6180**, or email us at **consumer.services@weightwatchers.com**

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