

Explore your app

A powerful tool on your wellness journey is literally in your hands: the WW app. It's more than an easy-to-use food and activity tracker. The app offers info, support, and community any time you need it, which has real impact: One study found that people who regularly used the WW app or website lost more weight than those who did not. Whatever your goals, the app's features can help you get there. A few to explore:

Connect Our members-only community is a vibrant exchange of inspiring messages, images, and videos from people like you around the country. Plus, check out Connect Groups of like-minded members with similar interests.

Tips and articles The app is a rich resource for recipes, activity ideas, and wellness advice, plus a wide range of restaurant menu items with SmartPoints® values calculated for you.

Mindfulness sessions Being aware of your thoughts and feelings in the moment, without judgment, can help you shift to a helpful mindset. So WW has partnered with Headspace to offer meditations to ease stress, improve focus, eat mindfully, and even fall asleep!

THIS WEEK

Use the WW app

Pick one feature, set a goal to try it this week, and write your plan below.

My WW app action plan

App feature I will try:

Day and time I'll try it:



For more great app features and pointers, see "Weekly Topic" in your app, or the "Plan Basics" section of My Day.

**Wellness
that Works.™**



←
One of the delicious
WW Freestyle™ meals
aboard the WW
Cruise! Learn more at
wwcruise.com.

Vegetable chickpea curry

Prep 20 min | Cook 20 min
Serves 4

3



375 ml (1½ cup) chopped onion

15 ml (1 Tbsp) minced garlic

15 ml (1 Tbsp) minced ginger

5 ml (1 tsp) curry powder

2 ml (½ tsp) ground cumin

2 ml (½ tsp) ground coriander

1 sweet red pepper, diced
250 ml (1 cup) diced eggplant

250 ml (1 cup) cauliflower florets

250 ml (1 cup) canned chickpeas, rinsed and drained

125 ml (½ cup) fat-free vegetable broth

5 ml (1 tsp) fresh lime juice

1. Coat a large skillet with cooking spray; heat over medium-high heat. Add onion;

cook, stirring often, until softened, 5-7 minutes. Add garlic, ginger, curry, cumin, and coriander; cook, stirring a few times, 30 seconds. Add vegetables; cook, stirring frequently, until crisp tender, 5-7 minutes.

2. Stir in chickpeas, broth, and lime juice; simmer for 5 minutes for flavours to meld.

SERVING SIZE: 175 ml (¾ cup).

Vegan Gluten-free Dairy-free Nut-free

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Journey together

Invite your friends to join WW - for each one who joins, you'll both get a month on us!