


Welcome to the WW
PersonalPoints[™]
Programme



You've Just Done Something Good For Yourself

Cue applause! Now it's our turn to steer you towards your goals, which begin with this: **WW works because we consider the whole you** – how you eat, think, sleep, and move, and how all that impacts your weight-loss and wellness journey. In the end, you won't just lose weight – you'll gain a deep appreciation for the amazing things your body can do. These WW tools are here to guide you.



An easy-to-live-by food plan

So you can lose weight without missing out on a single, delicious moment of your life.

A mindset toolkit

Some days are going to go smoother than others. We'll help you keep the big picture in mind so that bumps don't feel so frustrating.

An activity strategy

Activity you enjoy? It exists – we promise! You'll discover ways to move that you actually want to do *more* of.

Healthier sleep advice

It's easier to make smarter choices when you're not tired. Build a better bedtime with calming music, a sleep tracker, and tips for getting good rest.

Meet The People Who Will Get You Started

Scientists, nutritionists, trained coaches – you're in the best hands.



Laura Smith, MS
WW Director of Programme Innovation and Nutritionist



Allison Grupski, PhD
WW Senior Director of Behaviour Change Strategies & Coaching and Clinical Health Psychologist



Jocelyn Shaw
WW Workshop Coach and Onboarding Guide



Sherry Rujikarn
WW Food Director, Recipe Developer, and French Culinary Institute Grad

+ Tap Into WW's Very Own Social Network!



Aptly named Connect, our members-only digital community is inspiration and accountability wrapped into a fun scroll. Picture a feed filled with like-minded people, all working towards their goals while cheering you on.

You can find Connect
in the bottom navigation
bar in the WW app



Look for this icon



A Weight-loss Programme as Unique as You

The new WW PersonalPoints™ Programme is our most personalised ever. *No two plans are alike!* Yours is totally individualised, built around *your* favourite foods, *your* metabolism, and *your* goals.

A plan for you, by you

Liking what you eat is crucial! Tell us your favourite foods and the way you like to move, and together we'll build a food and activity plan just for you.

Revolutionary Points formula

Our updated algorithm guides you toward foods higher in healthy fats, fibre, and protein, and lower in added sugars and saturated fats.

Our never-go-hungry mindset

With ZeroPoint™ foods that you don't have to count – along with the new ability to *add* Points to your Budget – WW helps ward off that hangry feeling.



Living with Diabetes?

Learn more about how your food plan will be specially tailored for you at [WW.com/uk/live-well-diabetes](https://www.com/uk/live-well-diabetes)

Reminder: WW is not a replacement for medical care. Consult your doctor with any health concerns.



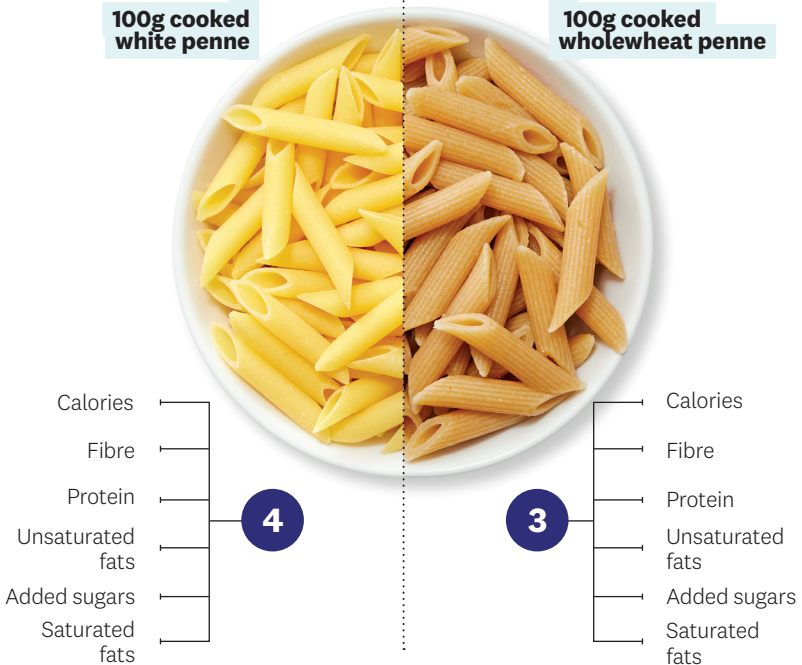
**Air Fried
Fish Tacos**

Find this recipe
and thousands
more in the
WW app!

PersonalPoints™ 101

At WW, we've always gone beyond calories to turn complex nutritional info into one number, so you can assess a food on the spot. Our updated algorithm crunches even more data - factoring in fibre and differentiating between unsaturated vs. saturated fats, and natural vs. added sugars.

Which is the better-for-you choice?



Wholewheat pasta is healthier and higher in fibre, and PersonalPoints recognises this by lowering the Points value. This one number is especially helpful for foods you're unclear about.



No need to calculate: The WW app does all the maths!

The Details

Every food has a PersonalPoints value.

It's a foolproof way to determine at a glance which foods are more nutritious. Knowing a food's PersonalPoints value helps you stay on track, which brings us to...

You have a daily PersonalPoints Budget.

It's unique to you and designed to help you reach your goals. You can spend your Budget on any food you want.

You'll track what you eat in the WW app.

It's quick and easy; we'll show you how.

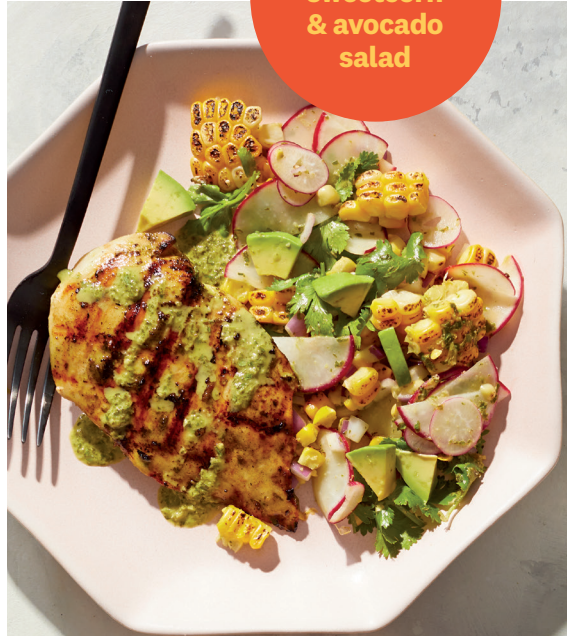
If you go a little over your daily Budget, that's okay!

You also get weekly Points – an extra cushion to use any way you want throughout the week. Yum!

If you go a little under your daily Budget, that's okay, too.

Up to four unused daily Points will be rolled over into your weeklies, so you can apply them to another day. You don't have to keep track – the WW app does it for you.

Marinated chicken, sweetcorn & avocado salad



How ZeroPoint™ Foods Stack Up

We call them zero heroes because they add bulk and flavour to meals – not Points to your Budget. Check out this comparison...

4 White bread

2 Ham

5 Full-fat cheese

0 Tomatoes

3 Mayo



14

0 Shredded carrots

0 Roasted red peppers

0 Mustard

0 Tomatoes

1 Turkey breast slices

4 Wholewheat bread

2* Avocado

0 Onions

0 Pickles

0 Lettuce

*Or 0, if it's on your individual ZeroPoints list! Find your list in the WW app.



A ZeroPoint™ favourite

eggs



It's no wonder eggs have been a ZeroPoint favourite for years - they've got an impressive resumé! High in protein, and key nutrients like choline and vitamin B₁₂, eggs are cheap, easy to cook, and double as a quick snack or a full-on meal. As for the latter, egg meals aren't just for breakfast. These three recipes make stomachs happy any time of day.



TOMATOES



FETA



DILL



**VEGGIE
EGG CUPS**



SMOKED
SALMON



AVOCADO



CAPERS



**AVOCADO-BAKED EGGS
WITH SMOKED SALMON**



RYE BREAD



AVOCADO



GREEK YOGURT



**OPEN EGG
SANDWICHES**

Get the complete recipes – and your PersonalPoints™ values – in the WW app!

Why We'll Never Stop Talking About Tracking

Tracking helps form a key habit: awareness. Each time you track, you pause and become aware of the healthy choice you just made. An intentional choice, rather than one on autopilot. You won't have to track forever – but it's an incredibly powerful way to start.



Allison Grupski, PhD

*WW's Sr Director of
Behaviour Change Strategies
& Coaching and Clinical
Health Psychologist*

“Tracking helps us notice the patterns that work and the ones that get in our way. We can use this knowledge to begin making truly impactful changes to what we do.”

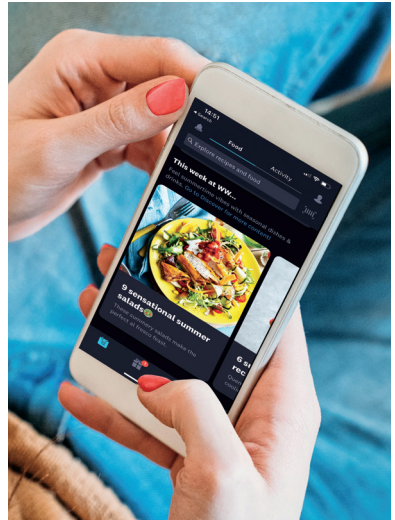
Master the App

Get a VIP tour of all the tools you have at your fingertips with our **WW App Academy**. It's free!

ww.com/uk/ww-live/app-academy



Download the WW app to get started (if you haven't already).



WW MEMBER
MISTY VV.

The Inside Track

Fact: People who track more often lose more weight. Here are three simple ways to do it.

Snap and track. When you're time-pressed, take a picture of your meal and track it later. The visual cue will help you remember.

Track by emoji. Instead of typing in pizza, use the 🍕 emoji. It'll pull up the same results – just more fun!

Take a guess. Don't know every little ingredient in a meal? That's okay – find something similar and track that. If you *do* know what's in a go-to dish and don't want to repeatedly track each ingredient, tap the search bar and scroll horizontally to Quick Add. Guesstimate the total PersonalPoints™ and you're good to go!



Our #1 Tracking Tool

Our barcode scanner is the fastest, easiest way to track almost any packaged food.

Look for this icon at the top of your home screen.



Want Extra PersonalPoints™?

Rhetorical question. Of course you want more (who wouldn't?). Our new programme actually allows you to add PersonalPoints to your Budget. How so? You earn Points by developing sustainable healthy habits, which in turn boosts weight loss success. Suddenly, smarter choices feel less like work – and more like something worth celebrating.



WW MEMBERS
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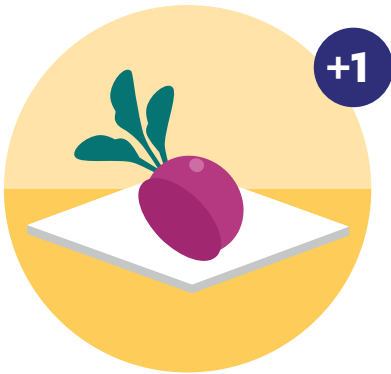
Bust a Myth

"If I earn PersonalPoints, I'm going to gain weight."

False. Your Budget is designed so that you can earn and spend additional Points and still lose weight.



3 Easy Ways To Earn More Points



Eat Veggies!

1 serving (approx 100g) of non-starchy veggies = 1 PersonalPoint to your daily Budget (unlimited per day).

Why? Non-starchy vegetables are rich in our good friend fibre - a nutrient that helps you stay fuller, longer.

Tip: Er... Are carrots non-starchy? What about squash? Get the full list of veggies that earn Points on page 23 (or in the WW app).



Drink Water!

1.75 litres of water each day = 1 PersonalPoint to your daily Budget. (Limit 1 per day.)

Why? Downing that H₂O means you're likely drinking less juice or fizzy drinks - and hopefully replacing them - which may help you stay within Budget.

Tip: Start with one extra glass a day. You'll hit 1.75 litres sooner than you think!



Be Active!

Moving more = more PersonalPoints to your weekly Budget (unlimited); the number of Points depends on the activity as well as your age, height, biological sex, and weight.

Why? According to our scientists, regular activity + a healthier diet leads to 20% more weight loss than just changing diet alone.

Tip: "Activity in disguise" - walking your dog, gardening, and cleaning - totally counts!

Your Day-One Checklist

How many can you already tick off?

- Download the WW app.**
- Answer a few questions to get your fully personalised food and activity plan, including your PersonalPoints™ Budget.**
- Get your very own ZeroPoint™ food list.**
- Track your first meal.**

“Take a moment to recognise this milestone: simply by being here today, you’re committing to your wellness. That’s real, that’s important, and it’s worth celebrating.”



Jocelyn Shaw

*WW Workshop Coach
and Onboarding Guide*

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A Sample Week on WW*

*These are just examples to show you the variety of delicious foods you can eat while still losing weight.

DAY 1



BREAKFAST

Italian pepper & egg breakfast wrap

LUNCH

Quinoa bowl with rotisserie chicken, cucumber, tomatoes, and balsamic dressing

SNACKS

Raw veggie sticks with houmous; mixed fruit salad



DINNER

Beef & bean taco bowl



DAY 2

BREAKFAST

Cinnamon oats with apples and almonds

LUNCH

Rainbow noodle salad with lime dressing



SNACKS

Green goddess egg muffin; Orange (or other fresh fruit)



DINNER

Roast chicken, pepper & olive traybake



**FIND MORE
RECIPES IN THE
NEW PROGRAMME
COOKBOOK!**

Available in Studios
or at WW.com/shop.

Sherry Rujikarn

WW Food Director, Recipe Developer, and French Culinary Institute Grad



DAY 3



BREAKFAST

Flourless banana pancakes with berry maple syrup

LUNCH

Turkey and Cheddar bagel thin sandwich + side of celery sticks

SNACKS

Double Cheese Popcorn; Cheesecake swirl brownie



DINNER

Chinese restaurant (out): wonton soup + chicken and broccoli + brown rice

DAY 4

BREAKFAST

Wholewheat avocado toast with a poached egg + a side of fresh pineapple

LUNCH

Hearty lentil & tomato soup

SNACKS

Five-spice crispy chickpeas; Frozen chocolate-dipped banana bites



DINNER

Spaghetti with butternut squash & walnuts



DAY 5

BREAKFAST

0% fat natural Greek yogurt with mango, kiwi, and dessicated coconut

LUNCH

Pizza place (out): 1 slice of cheese pizza + side salad with red wine vinaigrette

SNACKS

Hard boiled egg; Roasted strawberry-pistachio "nice" cream



DINNER

Turkey smash burger; baked sweet potato fries



Swap Your Way To Fewer PersonalPoints™

Your taste buds will barely notice the difference – but your Budget will thank you later.



Dessert

Swap out double cream for tofu



DARK CHOCOLATE TART

Baked Goods

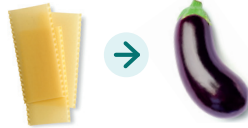
Swap out sugar for unsweetened apple sauce



**NO-ADDED-SUGAR
BLUEBERRY MUFFINS**

Pasta

Swap out lasagne sheets for aubergine slices



**AUBERGINE
PARMIGIANA**

Pizza

Swap out pizza dough for mushrooms



**PORTOBELLO
MUSHROOM 'PIZZA'**

Rice

Swap out white rice for cauliflower



**CAULIFLOWER 'RICE'
BURRITO BOWLS**

Portion Sizes: A Handy Guide

We love measuring tools dearly – but we draw the line at stashing them in our pockets. When out and about, use your hands to guesstimate portions.



250g
Fist



1 tsp
Fingertip



120g meat
Palm



1 tbsp
Golf-ball-size circle in
palm of hand



30-60g meat
Cupped hand



30g meat or cheese
Thumb



Of course, not all hands are the same size, so if you want to get specific, compare yours against some measuring spoons or kitchen scales. Helps to know what you're working with!

Which Veggies Boost Your Budget?

So very many. All of the non-starchy vegetables on this list earn Points. Approx 100g (raw, cooked, fresh, or frozen) equals one PersonalPoint added to your daily Budget.

- Artichokes, fresh, or artichoke hearts, with no oil
- Asparagus
- Aubergine
- Baby corn
- Bamboo shoots
- Beetroot
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Courgette
- Cucumber
- Endive
- Fennel
- Frozen stir-fry vegetables
- Green beans
- Kale
- Kohlrabi
- Lettuce
- Mushrooms
- Nori (seaweed)
- Okra
- Onions
- Pak choi
- Pea shoots
- Peppers
- Pickles, unsweetened
- Pumpkin
- Radishes
- Rocket
- Shallots
- Spinach
- Spring greens
- Squash (any type except acorn)
- Sugar snap peas
- Swiss chard
- Tomatoes
- Turnips
- Water chestnuts



Download
the WW
app!



WW.com

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On the front cover: Whipped Feta Dip, Chicken, Pepper and Olive Traybake, Pork & Veggie Grain Bowl with Lemongrass Yogurt. On the back cover: Jewelled Cauliflower Rice, Cheesecake Swirl Brownies.

