

weightwatchers

weekly

September 10-16, 2017



**BOOST
AWARENESS**

Tracking gives you insights, keeps you focused—
and helps you succeed.

BOOST AWARENESS

The evidence is clear: Tracking helps you lose weight by making you aware of what and how much you're eating. But it's up to you when and how to track: Some people like to pretrack all their meals in the morning, others prefer to track as they go or catch up afterward. It's not about

being perfect—it's about becoming mindful and using a tracker as a tool to help you reach your goals. In fact, a rough estimate of the SmartPoints® values in a meal is good enough.

How it helps: Tracking—whether on the mobile app, the website, or a paper Tracker—makes it easier to stick to your SmartPoints Budget and decide what foods are “worth it” to you. Tracking is especially important at certain times on your journey, like when you're just starting out, after a vacation, or if you've had a small weight gain or have hit a plateau and you want to get back on track.

I FELL OFF THE TRACKING WAGON, BUT I'M FINALLY BACK. MY GOAL IS TO TRACK AND GET BLUE DOTS THROUGH THE WEEKEND... I GOT THIS!! —SUPERJ99*

WHAT TO DO: HAVE A BLUE DOT DAY!

Each day you track within your Healthy Eating Zone in the app, you might notice the day is marked with a blue dot. **Challenge yourself—how many blue dots can you get this week? This month?** (If you don't use the app, mark your Blue Dot days in your online Tracker, smartphone, or paper calendar.)

Your Healthy Eating Zone is from 3 SmartPoints values below to 7 SmartPoints values above your daily Target.

Each day you've tracked within your Healthy Eating Zone you'll get a blue dot. Track daily to get those blue dots—even if you have to guesstimate!

Seeing your tracking history at a glance helps you anticipate challenges. For example, if weekends are tough, try tracking only on weekends—no need to track during the week.

Tap here on your home screen to access your Journey progress screen. (This is where you'll also find your weight loss progress chart.)

Days in Healthy Eating Zone* (27 - 37 SmartPoints)						
May						
S	M	T	W	T	F	S
				4	5	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FOLLOW UP

Challenge yourself to get a blue dot each day this week, by tracking with the app, online Tracker, or a paper calendar.



THINK AGAIN

Tracking isn't about perfection, it's about being mindful. Here's how to get in this helpful head space.

UNHELPFUL

"If I don't track everything I eat and drink, it's not worth tracking at all."



HELPFUL

"It's always worth it to be mindful of what I eat and drink—even if I'm not perfect about it. Having some information on what I'm eating is always better than nothing when it comes to reaching my goals."

UNHELPFUL

"I really don't want to have to track everything I eat and drink for the rest of my life!"



HELPFUL

"Tracking is key as I'm learning about what works for me and what doesn't. I don't have to commit to doing it for life, but it is an incredibly helpful tool when I need it."

YOUR TURN! What **unhelpful** thought have you had about tracking recently? Write it here. Give it a reality check, then write your **helpful** thought here.

UNHELPFUL



HELPFUL

INSPIRATION FROM OUR COMMUNITY!



"WHAT I KNOW FOR SURE IS THAT EVERY SUNRISE IS A CHANCE TO HIT 'REFRESH.' EACH DAY GIVES YOU A CLEAN SLATE!" —OPRAH

"Every decision matters, and what matters even more is my conscious awareness of what I'm doing."

—ASTARTE98*

"In Paris on vacation. Trying to track—and I know I'm going over but trying to be aware and mindful."

—MOTIVATEDBB*



"I highly recommend using a fitness tracker. Awareness is essential!"

—KARELZ*

*Posted on Connect on the mobile app (for subscribers).



How do you **#StayAware**?
Share on Connect on the mobile app (for subscribers).

94% Fat Free Popcorn or Cake? Now you can enjoy both!!

CAKE BATTER POPCORN

1 bag popped, JOLLY TIME Healthy Pop
Kettle Corn 100 Calorie Bag
1-1/2 tbsp cashew butter
1 tsp coconut oil
1/4 tsp vanilla
1/8 tsp almond extract
2 tbsp sprinkles

Pop popcorn per instructions, remove any unpopped kernels. In separate bowl, melt cashew butter with coconut oil. Stir in vanilla and extract. Spread popcorn on a lined baking sheet and drizzle on the butter mixture. Gently mix the popcorn to coat and add the sprinkles.
Makes four 1-1/4 cup servings

3
SmartPoints
value
per serving

Recipe and image compliments
of Well Floured

**FAST
& EASY**

From weightwatchers.com

Cut bok choy crosswise about 1/2 to 3/4 inch thick (you'll get about 6 cups); set aside. Slice kale leaves crosswise about 1 inch thick (you'll get about 8 cups); set aside. • Heat oil in large, deep nonstick skillet or wok over medium heat. Add garlic and ginger; cook, stirring frequently, until fragrant, about 1 minute. • Add bok choy and kale; stir-fry over medium-high heat until vegetables are tender, about 6 minutes. Remove from heat and stir in soy sauce, sesame oil, and pepper flakes. Yields about 1 cup per serving.

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[ZESTY SIDE]

STIR-FRIED KALE AND BOK CHOY

Spice up your greens!

1 SmartPoints® VALUE PER SERVING // PREP 15 MIN //
COOK 10 MIN // SERVES 4

12 oz bok choy, trimmed
8 oz kale, tough stems removed
2 tsp canola oil
3 large garlic cloves, sliced
1½ tsp grated ginger root
1½ Tbsp low-sodium soy sauce
¼ tsp dark sesame oil
⅓ tsp crushed red pepper flakes