

A woman in a white shirt and black pants, carrying a green bag, is walking up a long wooden staircase in a lush forest. To the right of the stairs is a waterfall cascading over rocks. The scene is vibrant with green foliage and some fallen leaves on the ground.

weightwatchers
weekly

September 11-17, 2016

PLAN YOUR
SUCCESS

Smart ways to set goals that are
right for you—right now!

PLAN YOUR SUCCESS

What is planning for success? Success doesn't just happen to you, it happens *because* of you. When you map out specific goals for weight loss, activity, and self-care (time for you, *woot!*), you're more likely to make them a reality.* What activity would you like to fit in this week? What are your weight-loss goals for the coming month? How will you take time for yourself? A key element in setting goals is taking stock of what has (or maybe hasn't) worked before, so looking back at your summer can help you set your course for the months ahead.



How does it help? There's more to you than a number on the scale. That's why we revamped the old "weight record" into *My Success Story*. Use it to set goals for different aspects of your life as well as weight loss: your weekly FitPoints® goal, what steps you're taking for yourself. Then chart your success with the Bravo scrapbook page, your changing body measurements, weekly look-backs, and more. This whole-you focus can help you stick to your plan—and planning for success puts you on the path to the healthy lifestyle you imagine.

* "Aim for a Healthy Weight: Guide to Behavior Change." National Heart, Lung, and Blood Institute, National Institutes of Health, http://www.nhlbi.nih.gov/health/educational/lose_wt/behavior.htm

Cover photo by Stockley

WHAT TO DO: PLAN SMART

For every goal you set, run it through this checklist. Try it now with a goal you've been thinking about. Let's say you want to exercise more. Here's how to make it a "SMART" goal:

Be SPECIFIC: Think through the details: What exercise do you want to do, when, for how long, and where? Rather than "I'll walk more this week" tell yourself, "I'll walk M/W/F at 12:30 p.m. for 30 minutes outside the office."

Make it MEASURABLE: Whether you measure by miles or minutes, set a number goal. Maybe you'll walk for 30 minutes, maybe you'll circle the block 8 times. You decide—and stick to it.

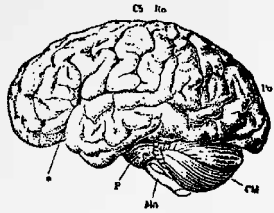
Be sure it's ATTAINABLE: To keep up motivation, set small, "in-progress" goals. Can you really walk for an hour, in one night, on your first week out? Don't set yourself up for failure with impossible goals. Work toward that 60-minute mark—or whatever your long-term goal is—in manageable

chunks (maybe walk 20 minutes on three days this week?).

Be REALISTIC: Set up exercise goals that work within the context of your life and schedule. If you work long hours, or hate the gym, for instance, it's not realistic to try to get to the gym every night. Better might be that 20-minute walk three nights a week; or heading to the local park or track instead of the gym.

Make it TIME-BOUND: Choose a date by which you plan to achieve your goal (your Leader can help if you like). Otherwise, you're working toward a vague "some day"—which may never come.

Got your SMART goal? Write it in *My Success Story!*



THINK AGAIN

The more vague the goal, the farther away the goalposts. Some ways to bring your objectives to life:

OLD THOUGHT

"I want to be thin by Christmas/my birthday/my reunion!"



NEW THOUGHT

"My reunion is in 10 weeks. I'm going to track each day toward my daily Target and aim to lose 10 lbs by then."

[We recommend a healthy weight loss rate of ½ to 2 pounds a week.]

OLD THOUGHT

"I'm going to drink more water."



NEW THOUGHT

"I'm going to buy a new 32-ounce water bottle and aim to drink one at work and one at home each weekday."

OLD THOUGHT

"I'm going to run a 5K this fall!"



NEW THOUGHT

"I'll set my alarm for 6 a.m. to run for 30 minutes in the park every other morning."

OLD THOUGHT

"From now on, I'm putting myself first!"



NEW THOUGHT

"I'll let my family know that Tuesday and Thursday nights from 8 to 9 p.m. is my time."

AT BEDTIME I WRITE MY GOALS FOR THE FOLLOWING DAY. TODAY'S WAS 'ORGANIZING A CLOSET SHELF.'

—PRINCESSANGI*

One of my goals for the month: Eat dinner before 7 p.m. #babysteps.

—NIQUEEY*

TIP FROM A LEADER

MY FIRST WEIGHT WATCHERS® Pedometer** changed my life. It made a game of increasing my daily goal from steps around the neighborhood to two-mile walks and, ultimately, to a new goal of a 100-mile hike in the Alps!

TODAY I STARTED WALKING AGAIN. I'M STARTING WITH 30 MINUTES AND MOVING UP 5 MINUTES EVERY OTHER WALK.

—BEACHLOVER225*



WENDY,
LEADER IN
CALIFORNIA

TO DO THIS WEEK

• Think about a goal you've already made for yourself—then put it through the SMART criteria on page 3 and refine as needed.

• What I want to accomplish this week:

What are your #AutumnGoals? Share on Connect on the mobile app (for subscribers).

For more on goal-setting, see "Weekly Extra" in this week's e-newsletter (for subscribers) or go to weightwatchers.com/weeklyextra

*Posted on Connect on the mobile app (for subscribers). **Available in participating meeting locations.



From weightwatchers.com



[SWEET ENDING]

PEANUT BUTTER- BANANA ICE CREAM SANDWICHES

Crispy pizzelle cookies keep things light!

6 SmartPoints® VALUE PER SERVING // PREP 15 MIN // FREEZE 1 HR // SERVES 4

- ¾ cup powdered peanut butter
- 2-3 Tbsp cold water
- 1 cup slow-churned light vanilla ice cream
- 1 cup diced banana
- 8 vanilla pizzelle cookies (3-4 inches each)

Stir together powdered peanut butter and water in a small bowl until mixture is the consistency of peanut butter. Place ice cream in a medium bowl; lightly mash banana and peanut butter mixture into ice cream to just combine. • Spoon ½ cup ice cream mixture on top of 4 cookies; sandwich with remaining cookies. Freeze until ice cream mixture is firm, about 1 hour. • Yields 1 ice cream sandwich per serving.

Recipe © Weight Watchers International, Inc. All rights reserved. Photo by Tara Striano.

THOUGHTS ON MY MEETING...

GREAT STUFF I HEARD.... HELPFUL TIPS... WHATEVER!



THE JOURNEY IS EVEN BETTER WHEN YOU TAKE IT TOGETHER.

Invite a friend to join Weight Watchers* for a chance to win a 5-day retreat and **MEET OPRAH!** Ask your Leader for details.

NO PURCHASE NECESSARY. Open to legal residents of 50 US & DC, who are 21 years of age or older as of date of entry. The Better Together Sweepstakes begins 5/1/16; ends 10/31/16. Sponsored by Weight Watchers North America, Inc. For official rules, free method of entry, and complete details, visit www.weightwatchers.com/oprah-refer-a-friend

*Referred friend must sign up for a Weight Watchers subscription membership.

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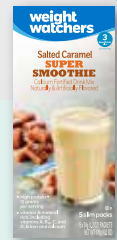
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LET US KNOW what you think about the *Weekly!* weeklycommunity@weightwatchers.com

While supplies last. 20160911



SIPPING SMARTS
New! Salted Caramel Super Smoothie is a great snack any time, packed with protein, minerals, and vitamins! Just 2 SmartPoints value a serving.

Available in participating meeting locations.



per serving

100 calories*
of endless possibilities.



*per serving

Create something delectable with
delicious varieties like Honey Wheat,
Everything and Potato.

Facebook.com/SandwichThins  

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