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INTRODUCTION

Congratulations! You have taken your first step to losing weight.

Now you have to fit your weight-loss plan around your life. Weightwatchers Points make it easy to see how much you are eating, but if you don't keep an accurate

record, you make your own life so much harder.

This tracker program helps you to monitor your weight loss quickly, easily and efficiently - without pens, paper or expensive calculators.

Throughout the workbook, any squares outlined in red are for you to fill in. The program uses the information you enter in these squares to calculate your progress. Make sure you keep this information up-to-date.

PAGE ONE



Getting started

Entering your details:

Open the first sheet (Input Data)

NAME =		Jane		Date (dd-mm) =	31/01/2005	
Are you:	Female or Male (F or M)			f	3	
Age	How old are you? (Years only)			31	4	
Weight	How many stones do you weigh? (Ignore the Lbs)			16	16	
In your main occupation are you: (chose only one)	Sitting down most of the time (X)			x	0	
	Occasionally sitting but mainly standing (X)				0	
	Walking most of the time (X)				0	
	Doing hard work most of the time (X)				0	
Do you want to:	Lose weight (L) or Maintain your current weight (M)			L	0	
Enter Height	Ft	Ins	Height adjustment		2	
	5	5				
YOUR POINTS ALLOWANCE IS (Don't forget to update your weight regularly)					25	

1. Enter your name and the date you are starting your weight loss program.
2. Enter your height in feet and inches.
3. Answer the questions on the right hand side.
4. The program calculates your total daily Points allowance.

Open the last sheet (Synopsis)

Starting weight at beginning of program		Your target weight		Desired loss per week (Lbs)	Number of weeks on reduction	44	Start date of program	Finish Date	Points	
Stone	Lbs	Stone	Lbs							
16	4.0	10	0.0	2.0	31/01/2005	05/12/2005	GOOD LUCK			
Weekly weight losses					Averages					
Month	Week 1	Week 2	Week 3	Week 4	Average 4 week loss					
1	3	4	3	0	1	2.5				
2	0	0	0	0	2	0.0				
3	0	0	0	0	3	0.0				
4	0	0	0	0	4	0.0				
Loss (Lbs)	Date	Actual	Desired	COMMENT		Bonus points				
3.0	20/01/2005	132.0	226.0	ON TARGET		Activity				
4.0	27/01/2005	128.0	224.0	ON TARGET		Aerobics				
3.0	03/02/2005	125.0	222.0	ON TARGET		Badminton				
0.0	10/02/2005	0.0	220.0			Cycling gently				
0.0	17/02/2005	0.0	218.0			Football				
0.0	24/02/2005	0.0	216.0			Golf				
0.0	03/03/2005	0.0	214.0			Hillwalking				
0.0	10/03/2005	0.0	212.0			Horseriding				
0.0	17/03/2005	0.0	210.0			Horseriding				

1. Enter your starting weight in stones and pounds.
2. Enter your target weight in stones and pounds.
3. Enter the rate you would like to lose weight (lbs per week).
4. Enter the start date of your program - the same one you entered on the front page. The computer will calculate how long it should take you to reach your target, if you lose weight at your desired rate.

Open the second sheet (Month 1)

0	Points used	0	Points used	0	Points used
0	Bonus points	0	Bonus points used	0	Bonus points used
	Points saved	0	Points saved	0	Points saved
			Stone	Lbs	
	Weight at	31/01/2005	16	4	Weight lost/gain
	Weight at	06/02/2005	0	0	BMI
Weight (Ft)	5	Height (Inches)	5	Cals =	456
Month 2 / Month 3 / Month 4 / Weekly Weight Loss / Progress					

1. Enter your start weight in stones and pounds.
2. This is where you will enter your weight at the end of Week 1 - the program will then calculate your Body Mass Index (BMI). You will read more about this later.

Now save the updated file!

You are now ready to start using the tracker program. Good luck!

PAGE TWO



The program will keep a running total of all your points.

At the end of the day, you will see the total number of points you have used, and the program will calculate the number of points you have left. These can be carried over to the next day. You can carry over up to four points each day, but you must use all saved points within the week.

To use saved Points, simply enter them as a **negative** value on the next day.

	Day 2		
	01/02/2005	points	0
	Breakfast		B
.5	Toast		-1
1	Grapes		-1
5	O Juice		0.5

So now you've started - well done!

You've started on your weight loss program - and you'll need to keep a record of each item you eat. Open the sheet entitled Month 1.

	A	B	C	D	E	F	G
1	Jane	Points Allowance	25	Height (Ft)	5	Height (Inches)	5
2	Day 1		Day 2		Day 3		Day 4
3	31/01/2005	points	01/02/2005	points	02/02/2005	points	03/02/2005
4	Breakfast		Breakfast		Breakfast		Breakfast
5							
6							
7							
8							
9							
10	Lunch		Lunch		Lunch		Lunch
11							
12							
13							
14							
15							
16	Dinner		Dinner		Dinner		Dinner
17							
18							
19							
20							
21							

At the top you will see your daily points allowance. This will stay the same until you update your information on the first sheet. (Remember, each time you lose a stone, you will lose one point of your daily allowance...)

Each of the four monthly sheets is divided into four weeks. Starting at Day 1 of Week 1, enter the food you have

eaten along with the points value.

	A	B	
	Jane	Points Allowance	
2	Day 1		D
3	31/01/2005	points	01/0
4	Breakfast		Brea
5			
6	Apple	0.5	
7	Slice toast	1	
8	Spread	0.5	
9			
10	Lunch		Lunc
11	Salad	0	
12	Tuna	1	
13	Banana	1.5	
14			

As you can see in the example below, Jane has used 23 of her 25 Points. This means she has 2 Points left over to use on Day 2.

18	Baked potato	4	
19	Chicken	3	
20	WV dessert	3	
21	2 glasses wine	4	
22	Snacks		Snacks
23			
24	WV cake	2.5	
25	low fat yoghurt	2	
26			
27			
28	Points used	23	Points u:
29	Bonus Points Used	0	Bonus points
30	Points saved	2	Points s:
31			
32			

PAGE THREE



One week down already - let's see how you've done...

When you get back from your meeting, you will need to open up the Month 1 sheet and enter your new weight.

0	points	0	points used	0	points used	0	points used	0	points used
2.5	Points save	1	Points saved	0	Points save	1	Points save	2	Points saved
			Stone	Lbs			Lbs		
	Weight at	31/01/2005	16	4	Weight lost/gained		5		Well Done !
	Weight at	06/02/2005	15	13	BMI	37.11			

1. Enter your new weight.
2. The program calculates how much weight you have lost.
3. It also works out your BMI - this is the percentage of your body mass which is made up of fat. A healthy BMI is between 20 - 25. In addition to seeing the weight drop, you will be able to see your BMI drop week by week as well.

Remember - if your weight drops to the next stone down, you will need to adjust your data on the Input Data sheet.

Then simply continue using the rest of the sheet for the next three weeks. At the end of Month 1, move on to the sheet marked Month 2.

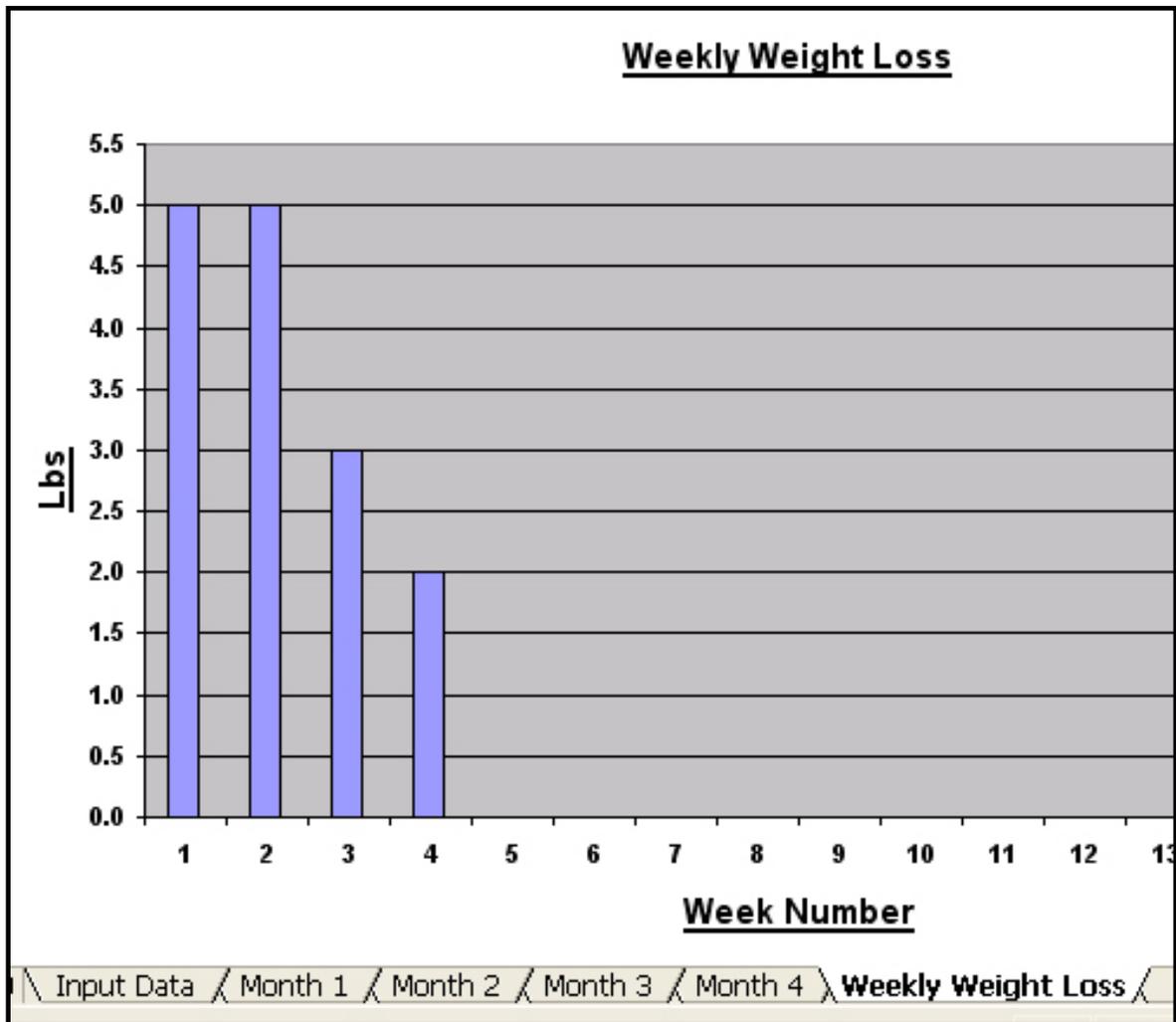
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Monitoring your progress

After the second week, you be able to see how you are progressing. Open the sheet marked

Weekly Weight Loss.



This chart shows you how many pounds you have lost each week. You can check here at any time to see your progress.

Remember when you entered your target weight on the Synopsis page? You also chose a rate of weight loss you would like to achieve. (2 pounds per week is a healthy target). You can check your progress against this target on the sheet marked Progress - Target Chart.



The red line shows the target weight loss of 2 pounds per week. The blue line shows your actual weight loss - in this instance, Jane has lost more than her target loss each week. Remember that the weight often comes off very quickly at the start of a new weight loss plan. This is largely because of the sudden change in your eating habits - and of course, a lot of the weight you lose in the first two or three weeks is water.



Special features

We have incorporated lots of features in this program that we found useful ourselves in monitoring weight loss. Most of them are found on the sheet marked Synopsis.

Average loss calculator

Starting weight at beginning of program		Your target weight		Desired loss per week (Lbs)	Number of weeks on reduction	44	
Stone	Lbs	Stone	Lbs			Start date of program	Finish Date
16	4.0	10	0.0	2.0	31/01/2005	05/12/2005	
GOOD LUCK							
Weekly weight losses 1					Averages 2		
Month	Week 1	Week 2	Week 3	Week 4	Average 4 week loss		
1	5	5	3	2	1	3.8	
2	2	3	1	2	2	2.0	
3	2	1.5	2.5	0	3	1.5	
4	1	1.5	1.5	3.5	4	1.9	

1. This table shows how much weight you have lost each week - you can see all four months at a glance.
2. This table gives you an average weight loss per month, based on the figures on the left.

You can also use the table below to keep track of your progress:

Loss (Lbs)	Date	Actual	Desired	COMMENT
5.0	20/01/2005	223.0	226.0	ON TARGET
5.0	27/01/2005	218.0	224.0	ON TARGET
3.0	03/02/2005	215.0	222.0	ON TARGET
2.0	10/02/2005	213.0	220.0	ON TARGET
2.0	17/02/2005	211.0	218.0	ON TARGET
3.0	24/02/2005	208.0	216.0	ON TARGET
1.0	03/03/2005	207.0	214.0	ON TARGET
2.0	10/03/2005	205.0	212.0	ON TARGET
2.0	17/03/2005	203.0	210.0	ON TARGET
1.5	24/03/2005	201.5	208.0	ON TARGET
2.5	31/03/2005	199.0	206.0	ON TARGET
0.0	07/04/2005	199.0	204.0	ON TARGET
1.0	14/04/2005	198.0	202.0	ON TARGET
1.5	21/04/2005	196.5	200.0	ON TARGET
1.5	28/04/2005	195.0	198.0	ON TARGET
3.5	05/05/2005	193.0	196.0	ON TARGET

Month 1 / Month 2 / Month 3 / Month 4 / Weekly Weight Loss

This shows your loss in pounds, and whether you are losing weight at your target rate (in this case, two pounds per week).

Points calculator

This calculator works in the same way as the Weightwatchers calculator issued with your starter pack.

J	K	L
Points Calculator		
Cals	0	1
Sat. Fat	0.0	2
Points	0.0	3

How to use the Points calculator:

1. Enter the number of calories in the food item.
2. Enter the amount of saturated fat.
3. The program will calculate the number of Points in the food item.

There is also a calculator on each of the monthly sheets (see below)

	H	I	J	K	L	M	N
	Cals =	0	Sat fat =	0	Points =	0.0	Week 1
		Day 5		Day 6		Day 7	
05	points	04/02/2005	points	05/02/2005	points	06/02/2005	points
		Breakfast		Breakfast		Breakfast	
	2		2		3		4

Bonus Points

Bonus Points can be earned through activities from walking through to aerobics. The table below shows how many Points you can earn from 15 mins of :

Bonus points calculator	
Activity	15 minutes
Aerobics	1½
Badminton	1½
Cycling gently	1
Football	2
Golf	1
Hillwalking	2
Horseriding	1½
Horseriding	1
Jogging	2
Rowing machine	1½
Running	2½
Skipping	3
Squash	3
Swimming	2
Tennis	1½