

Purple 101

You get a personalized amount of SmartPoints® to spend on any food you choose, and 300+ foods that are zero.

At a glance

DAILY SMARTPOINTS

Spend these on any food you choose!

WEEKLY SMARTPOINTS & ROLLOVERS

How you eat on a Tuesday is probably different from a Saturday. Weekly SmartPoints and rollovers keep things flexible and livable.

Purple

Based on your eating preferences, a personalized SmartPoints Budget and 300+ foods that are zero fits you best.

Your daily SmartPoints Budget is:

16

Plus weekly SmartPoints and rollovers

You also get 300+ ZeroPoint foods, including:



Fruits



Vegetables

Next

ZEROPOINT™ FOODS

You'll find your full list of ZeroPoint foods in the WW app. Or just turn to p. 38.

DID YOU KNOW?

We've set up a Connect group just for people on Purple! See what other members are eating (and doing and posting) in the WW app.

Shrimp fried rice

Quick one-pan dinners are great for weeknights. Aim for protein, starch, and veggies all in the same meal.

1

0

Keep a bag of cooked shrimp in your freezer. They're an easy way to add protein to stir-fries, soups, salads, and more.

1

Look for dark sesame oil at your super-market. It's so flavorful that you need just a tiny bit.

0

Brown rice has almost 6 times the fiber of white rice. Using it in this meal saves 3 SmartPoints.

Your ZeroPoint food categories



Fruits



Vegetables



Eggs



Chicken & turkey breast



Fish/Shellfish



Dairy & dairy alternatives



Beans & legumes



Tofu & tempeh



Whole-wheat pasta & grains



Potatoes

Check out some of your "Zero Heroes" starting on p. 37!

5-day menu

Just want to know what to eat? This meal plan will help you get started. Follow it, or mix and match. Skip the foods you don't love and dig into the ones you do.

Want more? With 7,000+ recipes in the WW app, your taste buds will never be bored.

Curious what other members are eating? Scroll through real-time posts on Connect!

↓
Find all the recipes in this book at WW.com/my-ww-recipes.

DAY 1

Breakfast

BLT breakfast cheese toast with an orange

3



Lunch

Pulled chicken ancho chili and black bean soup with 7 tortilla chips and 3 Tbsp of homemade guacamole

4



Snacks

Sliced pear or apple with 1 Tbsp almond butter

3

Buttermilk-herb dip with crudité

0

Dinner

POST-SOCCER PRACTICE
Beef and vegetable stir-fry with brown rice

6

Special dessert?
Want a beer? Tap into your weekly SmartPoints!

DAY 2

Breakfast

Toast 1 frozen whole-grain waffle, spread with 1 Tbsp peanut butter, and top with banana slices and a dash of cinnamon.

5

Lunch

GREEK SHRIMP BOWL
Steamed shrimp, cooked farro, lettuce, peppers, and cucumber, with 1½ Tbsp crumbled feta, lemon juice, and fresh dill

1



Snacks

Banana-chocolate chip mini-muffin and coffee with fat-free milk

3

Air-popped popcorn with sea salt

0

Dinner

Chicken Parmesan sandwich with Italian-inspired vegetable soup

7



DAY 3

Breakfast

Cranberry-almond
morning barley

4



Lunch

Pesto chicken salad
sandwich with italian
arugula salad

8

Snacks

Grapes, 2 oz low-fat cheddar,
7 almonds

3

.....
Deviled eggs
with capers and dill

0



Dinner

Chickpea and spinach
stew served over
whole-wheat couscous

1

*Up to 4 unused
daily SmartPoints will be
automatically rolled
over so you can use
them on another day.*

DAY 4

Breakfast

Western
omelette

2



Lunch

OUT FOR BURGERS

Small fast-food cheeseburger
with condiments and a
garden salad with 1 Tbsp
Italian dressing

11

Snacks

Plain fat-free cottage cheese
with fresh fruit

0

.....
Banana or apple

0

Dinner

Italian turkey sausage
and pepper pasta

3



*Track your meals
and earn WellnessWins.™
Redeem them for
real rewards!*

DAY 5

Breakfast

Poblano and egg
breakfast sandwich
with fresh fruit

4

Lunch

Barbecue ranch
chicken salad

4



Snacks

BOOK CLUB NIGHT

2 medium chocolate-covered
strawberries

3

.....
Fresh veggies with 3 Tbsp
homemade guacamole

2

Dinner

Swordfish & veggie
skewers with
creamy avocado sauce,
served with brown
rice or quinoa

3



Zero Hero:

Quinoa

ZeroPoint™ foods are super-flexible and can be used in lots of delicious (and unexpected) ways. Here are a few ideas to whet your appetite.



Pack in the protein

Layer quinoa in vegetarian bowls. You can treat it like a grain (it's really a seed), and it adds extra protein.

Greek quinoa bowls with chickpeas, peppers, and eggplant



A new twist on oatmeal

Put cooked quinoa in a bowl with fat-free milk and a little sugar. Microwave for a quick and satisfying hot breakfast.

Coconut-quinoa with mango

Quinoa is a gluten-free plant food source of high-quality protein.

Totally delicioso

Quinoa makes a great stand-in for rice in paella.

Quinoa paella



Find all the recipes in this book at WW.com/my-ww-recipes.

DID YOU KNOW?

Quinoa contains a coating called saponin, which can make it taste soapy and bitter. Be sure to rinse it before you cook it, or buy pre-rinsed quinoa at your supermarket.

Trout
Tuna
Turbot
Wahoo
Whitefish

FRUITS

Applesauce,
unsweetened
Apricots, *fresh*
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Clementines
Cranberries,
fresh
Dragon fruit
Figs, *fresh*
Frozen mixed
berries
Fruit cocktail,
unsweetened
Fruit salad
Grapefruit
Grapes
Guava
Honeydew
Kiwi
Kumquats
Lemons

Limes
Mangoes
Meyer lemons
Nectarines
Oranges
Papayas
Peaches
Pears
Persimmons
Pineapples
Plums
Pomegranates
Pomelo
Raspberries
Star fruit
Strawberries
Tangerines
Watermelon

POTATOES & SWEET POTATOES

Baby potatoes
Baked potatoes
Baked sweet
potatoes
Canned sweet
potato,
unsweetened
Cassava
Fingerling
potatoes
Frozen potatoes,
*prepared without
fat*
Idaho
potatoes
Japanese sweet
potato

Mashed
potatoes, *plain*
Mashed sweet
potatoes, *plain*
New potatoes
Oven-roasted
potato wedges,
without oil
Oven-roasted
sweet potato
fries, *without oil*
Purple potatoes
Red potatoes
Roasted potatoes,
without oil
Roasted sweet
potatoes,
without oil
Russet potatoes
Sweet potatoes
Taro
White potatoes
Yams
Yellow potatoes
Yucca
Yukon gold
potatoes

TOFU & TEMPEH

Firm tofu
Silken tofu
Smoked tofu
Soft tofu
Tempeh

VEGETABLES (STARCHY)

Canned corn
Corn
Green peas
Parsnips
Peas
Split peas
Succotash

VEGETABLES (NON-STARCHY)

Artichoke hearts,
no oil
Artichokes
Arugula
Asparagus
Baby corn
Bamboo shoots
Basil
Beet greens
Beets
Bok choy
Broccoli
Broccoli rabe
Broccoli slaw
Brussels sprouts
Butter/Bibb
lettuce
Butternut squash
Cabbage
Canned
pimientos
Carrots
Cauliflower
Cauliflower rice
Celery
Chives

Cilantro

Coleslaw mix
Collard greens
Cucumber
Eggplant
Endive
Escarole
Fennel

Frozen stir-fry
vegetables,
no sauce
Garlic

Ginger
Green leaf
lettuce
Hearts of palm
Iceberg lettuce
Jicama
Kale

Kohlrabi
Leeks

Mixed greens
Mushrooms
Mustard greens
Napa cabbage
Nori (seaweed)
Oak leaf lettuce

Okra
Onions

Rotabaga
Salsa,
fat-free
Sauerkraut
Scallions
Shallots
Spaghetti
squash

Spinach

String beans
Summer squash
Swiss chard
Tarragon
Thyme

Tomatillos
Tomato puree,
canned

Tomato sauce,
canned
Turnips

Water chestnuts
Wax beans
Zucchini



FOLD HERE

Zero Hero:

Sweet potato



Give toast a makeover

Toasted sweet potato slices make a nutrient-rich replacement for bread.

*Bacon, egg, and cheese
sweet potato toast*



Add creaminess

Sweet potato puree makes soups thick and rich, with almost no dairy.

*Spanish-spiced roasted
pepper bisque*

Replace the fat

Stir cooked, mashed sweet potatoes into quick-bread batter to cut back on sugar and oil.
*Sweet potato quick bread
with pumpkin seeds*

*Lightly toasting
pumpkin seeds
increases
their flavor.*



*Sweet potato
puree adds
an antioxidant
boost!*

DID YOU KNOW?

Not all sweet potatoes are the same. Japanese sweet potatoes have a thin, smooth skin, a milder flavor, and creamy yellow flesh.

Zero Hero: Oats



Rise and shine

Wake up to a nourishing breakfast by soaking your oats overnight and topping with juicy mango in the morning.

Tropical overnight oats



A new twist on muffins

Warm up with a warm oat-and-cinnamon mug muffin.

90-second mug muffin

Use a food processor to finely process oats before adding to the mixture.



Satisfying snack

Add a dose of fiber to your homemade energy balls by adding finely chopped oats to the mixture.

Choc peanut bliss balls



DID YOU KNOW?

Oats contain antioxidants plus key minerals, like magnesium and zinc, and beta-glucan—a type of a soluble fiber that can help regulate blood sugar and improve total cholesterol.

Zero Hero:

Chickpeas



Replace eggs in sweet treats

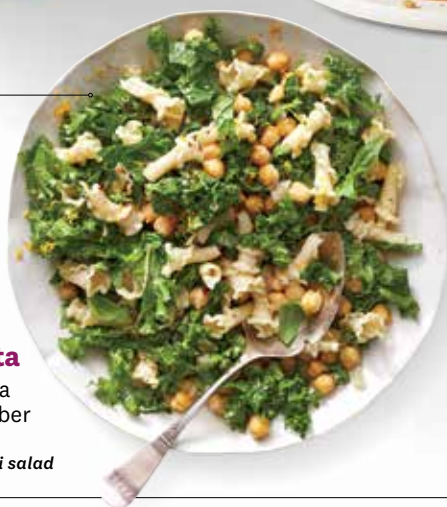
Pureed chickpeas add fiber and protein to no-bake cookie bites. *No-cook peanut buttery cookie dough bites*



Boost your burger

Use chickpeas in veggie burger patties. It gives them a rich, slightly nutty taste. *Chickpea and brown rice veggie burger*

Don't love the texture of chickpeas? Roast them in sheet-pan meals in place of starches. They'll get nice and crunchy.



Power up pasta

Add them to pasta dishes for more fiber and protein. *No-mayo pasta e ceci salad*

Find all the recipes in this book at WW.com/my-ww-recipes.

DID YOU KNOW?

A chickpea plant's deep root system helps prevent soil erosion. It also requires little to no fertilizer, and its leaves have a natural insecticide that keeps bugs away.

Build a meal

Start with
a ZeroPoint™ food

0



Add some
veggies

0



Bump up
the flavor

0



Include some
fats

3



**Tofu, broccoli,
and butternut
squash with
creamy tahini
sauce**

3



*Cubes of chicken
breast can be
swapped for the
tofu in this recipe.
Just make sure
the chicken
reaches an
internal temp
of 165°F.*

Start with
ZeroPoint foods

0



Add some
veggies

0



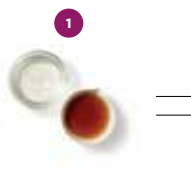
Bump up
the flavor

0



Include some
fats

1



**Soba noodle
chicken bowl**

1



*This recipe is very
versatile—try
shrimp or pork
instead of chicken,
or edamame and
bok choy instead of
peas and spinach.*

DID YOU KNOW?

To easily peel and prep ginger, run the back of your spoon over the skin. Then square off a piece of peeled ginger and chop, slice, or mince.

Ready to jump in?

Here are three quick, totally doable things you can tackle right now to get off to a great start.

1.

Put your next Workshop on your calendar

One study found that people who attended Workshops frequently were 11 times more likely to lose 5% of their body weight than those who didn't.⁹ And 5% is a big deal when it comes to health!¹⁰

2.

Find your ZeroPoint™ food list in the WW app

The more in tune you are with your app, the better! And not only because it's the easiest way to track: People who used the WW app regularly lost significantly more weight than those who didn't.¹¹

3.

Figure out what you're going to eat and track it

Becoming mindful—of what you eat, how much you move, and your weight—is one of the most powerful tools for weight loss.¹²



PINKI V.,
WW COACH



Good things are coming your way

If you're new to us, you'll get everything you need to live WW in the real world. If you've been with us a while, you'll get fresh inspiration (and a few surprises) to keep you going strong.

Check out your tools



“Starter Streak” emails

Get the scoop on how to make *myWW*™ work for you. Read them. Frame them. But don't ignore them.



Studio Finder

No matter where your life takes you, it's easy to find a Workshop. Filter by day, time, or location, and see which Coaches are there.



Connect

Our private, members-only community in the WW app is a huge source of inspiration. These are your people—come meet them!



Workshops

This is where the magic happens. Each week is designed to bring a breakthrough, and your fellow members provide inspiration.



WellnessWins™

You'll earn Wins for building healthy habits. Trade them in for real rewards like products and cool experiences, all for free.



24/7 Expert Chat

Have a question about SmartPoints® or just need a little advice? Help is at your fingertips. Chat with a WW Coach, 24/7, right in the app.



REBECCA O.,
WW COACH

Let's talk tools...

...starting with our easy-to-use WW app! It's the best way to find recipes, track food and activity, and connect with others.

The screenshot shows the WW app interface. At the top, there are tabs for 'Food' and 'Activity'. Below these is a search bar. A navigation bar shows the days of the week (S, M, T, W, T, F, S) with 'T' (Tuesday) selected. The main content area displays a circular progress indicator for 'Daily Remaining' with the number '17' in the center. To the left of the circle, it says '35 Weekly Remaining'. To the right, it says '6 Daily Used'. Below the circle, there are sections for 'Breakfast total 6', 'Lunch', 'Dinner', and 'Snack', each with a list of items and a right arrow. At the bottom, there is a purple banner that says 'You have a rollover!' and 'We've added 3 to your weekly remaining, now you have 35 weeklies.' The bottom navigation bar has icons for 'My Day', 'Journey', a plus sign, 'Connect', and 'Help'.

SEARCH
Type in a food or activity to track it.

WEEKLY SMARTPOINTS®
You get a fresh batch of these each week, for extra flexibility.

DAILY SMARTPOINTS
This is personalized based on your age, height, weight, and sex.

DAILY MEALS
Pre-track meals, or just reflect on what you've eaten that day.

PROFILE
Add your why, track your weight, see your progress, build your community—it's all here.

BARCODE SCANNER
Scan the barcode on any nutrition label and the app will track it.

DAILY USED
This helps you keep track of your Budget and plan ahead.

ROLLOVERS
You can save these up for a special meal or event!




Top tracked

Here are the 100 most tracked foods with SmartPoints® value.
Use this as a reference, or just see what other members love!

	SmartPoints values		
A Portion*			
Almond milk, plain, unsweetened, 8 fl oz	1	1	1
Almonds, ¼ cup	4	4	4
Avocado, raw, ¼	3	3	3
B			
Bacon, cooked, crisp, 3 slices	5	5	5
Bacon, turkey, cooked, 3 slices	3	3	3
Beans			
Black or pinto, ½ cup	3	0	0
Garbanzo, ½ cup	4	0	0
Balsamic vinegar, 1 Tbsp	1	1	1
Beef, cooked, 3 oz			
Ground, 90% lean	4	4	4
Ground, 95% lean	3	3	3
Steak, lean (round or loin, with visible fat trimmed)	3	3	3
Beer, 12 fl oz			
Light	3	3	3
Regular (larger types)	5	5	5
Bread, any type, 1 slice	2	2	2
Brownie, prepared from mix, 2-inch square	5	5	5
Butter, 1 Tbsp			
Regular	5	5	5
Whipped	3	3	3
C			
Cereal, oatmeal, cooked, 1 cup	5	5	0
Cheese			
American, 1 slice	4	4	4
Cottage, low-fat (1%), 1 cup	3	3	3
Cream cheese, light, 1 Tbsp	1	1	1
Cream cheese, regular, 1 Tbsp	2	2	2
Feta, crumbled, 1 oz	3	3	3
Mozzarella, part skim, 1 oz	2	2	2
Parmesan, grated, 1 oz	4	4	4
Chicken, thigh, boneless, skinless, cooked, 4 oz	4	4	4

	SmartPoints values		
Chicken or turkey breast, cooked, no skin or bone, 3 oz	2	0	0
Chicken salad, homemade or restaurant style, ½ cup	4	4	4
Coffee, brewed, with 2 Tbsp regular creamer, 8 fl oz	2	2	2
Coleslaw, homemade, ½ cup	3	3	3
Cookies, homemade, chocolate chip, oatmeal, sugar, or similar type, 1 cookie	3	3	3
Crackers, graham, 2 squares	2	2	2
Cream, 2 Tbsp			
Sour, reduced-fat	2	2	2
Sour, regular	3	3	3
Whipped, aerosol	1	1	1
E			
English Muffin, 1			
Light	2	2	2
Light, whole-wheat	3	3	3
Regular, any type	4	4	4
Egg, prepared without oil or milk, 1 item	2	0	0
F			
Fish,			
Salmon, farmed, cooked, 3 oz	4	0	0
Salmon, wild, cooked, 3 oz	3	0	0
Flour tortilla, 1 medium	3	3	3
Fries, French, 10	7	7	7
G			
Guacamole, homemade or restaurant, 2 Tbsp	1	1	1
H			
Half and half			
Fat-free, 2 Tbsp	1	1	1
Regular, 2 Tbsp	2	2	2
Ham			
Cooked, lean, 3 oz	2	2	2

Top tracked (cont.)

			
Deli-sliced, honey, lean, 2 oz	2	2	2
Hamburger, roll or bun, plain, 1	4	4	4
Honey, 1 tsp	1	1	1
Hummus, 2 Tbsp	2	2	2

K

Ketchup, 1 Tbsp	1	1	1
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M

Mayonnaise			
Light, 2 Tbsp	3	3	3
Regular, 1 Tbsp	3	3	3
Milk, 8 fl oz			
1%, low-fat or light	4	4	4
2%, reduced-fat	5	5	5
Fat-free	3	3	3
Whole	7	7	7

O

Oats, old-fashioned, uncooked, ½ cup	4	4	0
Oil, 1 tsp			
Olive	1	1	1
Vegetable	1	1	1
Olives, 6 large	1	1	1
Orange juice, 8 fl oz	6	6	6

P

Pancake, any type, from mix (4-inch), 1	2	2	2
Pasta, whole-wheat penne, cooked, 1 cup	4	4	0
Peanut butter, smooth, with salt, 2 Tbsp	6	6	6
Peanuts, ¼ cup	6	6	6
Pizza, ⅓ of 14-inch pie, restaurant type, thin crust			
Cheese	8	8	8
One-meat topping	9	9	9
Popcorn			
Air-popped at home, 2 cups	2	2	0
Movie, without butter, 3 cups	5	5	5
Plain, oil popped, 2 cups	3	3	3
Pork chop, cooked, lean without bone, 3 oz	3	3	3
Potato chips, regular, 1 oz	5	5	5

Potatoes

Baked, plain, 1 medium	5	5	0
Mashed, home-prepared, with whole milk added, 1 cup	5	5	5
Sweet, cooked, ½ cup	3	3	0
White or red, cooked, ½ cup	2	2	0
Pretzels, 1 oz	3	3	3

Q

Quinoa, cooked, 1 cup	6	6	0
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R

Rice cakes, plain, 1	1	1	1
Rice, cooked, 1 cup			
Brown, long-grain	7	7	0
White, long-grain	6	6	6

S

Saltine crackers, 5	2	2	2
Soup, chicken noodle, 1 cup	2	2	2
Spaghetti, cooked, 1 cup	5	5	5
Sugar, 1 tsp			
Brown	1	1	1
White, granulated	1	1	1

T

Tortilla chips, 12	4	4	4
Tortilla, corn, 6-inch, 1	2	2	2
Tuna			
Canned, chunk in water, 3 oz	1	0	0
Salad, ½ cup	5	4	4
Turkey, deli-sliced, 2 oz	1	1	1

V

Vodka, 1½ fl oz	3	3	3
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W

Walnuts, ¼ cup	6	6	6
Wine, 5 fl oz	4	4	4

Y

Yogurt, plain, unsweetened, nonfat, Greek, 1 cup	3	0	0
Yogurt, plain, unsweetened, nonfat, 1 cup	5	0	0

ALMA L.,
MEMBER



Flavor boosters

These ingredients are a surefire way to add flavor while keeping SmartPoints® low. All have a SmartPoints value of 1!



Dried cranberries
1 Tbsp



Maple syrup
1 tsp



Shredded Parmesan cheese
2 Tbsp



Blue cheese
1 Tbsp



Olives
8 large



Pistachios
14 nuts



Powdered sugar
2 tsp

You don't need much. A little powdered sugar goes a long way.



Almonds
7 nuts



Candied ginger
2 Tbsp

Stock your pantry

This is a great list of recipe staples.

Check off the items you want; skip what you don't need.

PRODUCE

- ☐ Fresh fruit
- ☐ Fresh vegetables
- ☐ Fresh herbs
- ☐ Leafy greens, coleslaw mix, or shredded carrots for salads
- ☐ Pre-cut fresh vegetables for soup, stir-fries, and kabobs
- ☐ Corn
- ☐ Peas (green, sugar snap, snow, etc.)
- ☐ Silken or firm, regular or low-fat tofu

MEAT + POULTRY + FISH

- ☐ Skinless chicken or turkey breast, chicken thighs
- ☐ 98% fat-free ground turkey or chicken
- ☐ Lean pork chop or pork loin
- ☐ Lean, trimmed flank steak, beef tenderloin, or strip sirloin
- ☐ Fish
- ☐ Shellfish



DAIRY + EGGS

- ☐ Eggs, whole or egg substitute
- ☐ Fat-free or low-fat milk
- ☐ Regular soy milk (plain)
- ☐ Almond milk
- ☐ Nonfat plain yogurt
- ☐ Reduced-fat or regular cheese
- ☐ Low-fat shredded or string cheese
- ☐ Crumbled feta or Parmesan cheese
- ☐ Reduced-fat cream cheese
- ☐ Nonfat cottage cheese
- ☐ Part-skim ricotta cheese



BREAD + CEREAL

- ☐ Reduced-calorie bread
- ☐ Thin sandwich bread or English muffins
- ☐ Whole-wheat or corn tortillas
- ☐ Plain oatmeal
- ☐ Unsweetened shredded wheat or whole-grain cereal
- ☐ Pizza dough

DELI

- ☐ Roasted whole chicken
- ☐ Lean deli meats
- ☐ Hummus

GRAINS + PASTA

- ☐ Whole-grain or regular pasta
- ☐ Brown rice or white rice
- ☐ Bulgur, quinoa, or barley

CANNED FOODS + STAPLES

- ☐ Tomato sauce or jarred marinara sauce
- ☐ Diced tomatoes
- ☐ Fat-free salsa
- ☐ Black beans or chickpeas
- ☐ Vegetables (without added salt, sugar, or oil)
- ☐ Unsweetened fruit (in water)
- ☐ Chicken or vegetable broth
- ☐ White tuna (in water), canned salmon
- ☐ Peanut or other nut/seed butter

SNACKS

- ☐ Air-popped popcorn
- ☐ Popcorn kernels for at-home popping
- ☐ Baked potato or tortilla chips
- ☐ Almonds
- ☐ Pistachio nuts

FROZEN

- ☐ Edamame
- ☐ Vegetables (without added sauce and salt)
- ☐ Unsweetened fruit
- ☐ Veggie burgers (with 2 g of fat or less)
- ☐ Vegetarian ground "meat"
- ☐ Whole-grain waffles
- ☐ Sorbet



SEASONINGS + CONDIMENTS

- ☐ Cooking spray, oil, and vinegar
- ☐ Salt and pepper
- ☐ Dried herbs and spices, seasoning mixes, dry rubs
- ☐ Hot sauce
- ☐ Mustard
- ☐ Ketchup
- ☐ Reduced-sodium soy sauce
- ☐ Steak sauce
- ☐ Teriyaki sauce

Portion estimator

Pulling out measuring cups at a party? Not happening.
Use this guide to help you estimate portions, using just your hand.*



Fist
1 cup



Fingertip
1 tsp



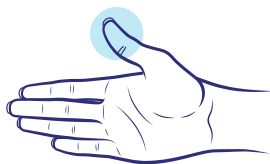
Palm
3 oz meat



Cupped hand
1-2 oz meat



Thumb
1 oz meat or cheese



Thumb tip
1 Tbsp

**Of course, not all hands are the same size, so it wouldn't hurt to measure your own hand against some measuring spoons or cups, just so you know what you're working with.*

Menu decoder

These words are hints that a dish might be high in SmartPoints.*

au gratin battered **bisque** creamy
dipped double-baked **hollandaise** just like mom's
pan-fried tempura **crispy**

Instead look for:

grilled broiled **steamed**
poached **au jus** (cooked in its own juices)



WHY ARE PORTIONS IMPORTANT?

It's not to tell you how much to eat. Your hunger and SmartPoints Budget decide that. But being aware of how much you're eating is key because it helps you track accurately.

Your top questions

What do members want to know most? Glad you asked.



Can I eat as many ZeroPoint™ foods as I want?

ZeroPoint foods don't need to be measured or tracked, but that doesn't mean they're all-you-can-eat. Sure, you could boil a dozen eggs and eat them in front of the TV, but you probably won't feel so good. Eating any food, even ZeroPoint foods, to extremes could make you gain weight. Like everything, it's about balance and becoming mindful of what you're eating.

Can I switch colors?

Absolutely! But we recommend giving it 2 weeks before you make a change. Why? It can take a while to get used to a whole new way of eating. Our research shows that 2 weeks is a good amount of time to adjust.

If you decide that switching is what's best for you, you can do it right in Settings.

Is one color “better” than another?

Nope. Each one is based on our proven SmartPoints® system and all are designed to give you similar weight loss. Ultimately, the color that's “best” is the one that gives you the most flexibility, because that's the one that will be the most livable for you.

Can I swap FitPoints® for SmartPoints?

We believe in moving more because it gives you energy, helps you feel comfortable in your own skin, and is vital in helping you keep off the weight you lose. Plus it just feels good. That's why you earn FitPoints for the movement you do. “Swapping” is when you swap the FitPoints you earn for more SmartPoints.

To start, this feature is turned off in Settings. But if swapping works for you, feel free to turn it on.

What's your why?

Sure, you want to lose weight and get healthier—but let's get more specific. *Why* do you want to do those things?

Whatever moved you to join WW—whether it's to shed pounds or improve your overall wellness—your why is what anchors you and keeps you going when things get tough.

Here's how to make it work for you.

Go with your gut

Ask yourself, “Why do I want to lose weight?” Don't stress over it; go with the first thing that comes to mind. (For example: “I'm tired of feeling out of breath and slow.”)

Dig deeper

How would your life be different if you lost weight? (“I could walk farther and say yes to doing fun, active things.”)

Make it yours

Ask yourself again: Why do I want to lose weight? (“I want to have more stamina so I can do more things with my friends.”)

Psst... The more specific and personal your why is, the more focused you'll be on the benefits weight loss and getting healthier brings. It'll also make your why more effective.

Make it stick

Write it down and put it someplace you'll see it often. Or make it your phone background so you'll always have it with you.

DID YOU KNOW?

➔ **Most people's why will change over the course of their journey. So if yours doesn't feel absolutely perfect, that's fine—what matters is that it works for you today.**



“My original why was to be able to look at a photo of myself and not cringe. Now, it’s to live a healthy life.”

CHRISTINA T., MEMBER



“I want to be a more active dad—a dad who can keep up on the playground.”

ED D., MEMBER

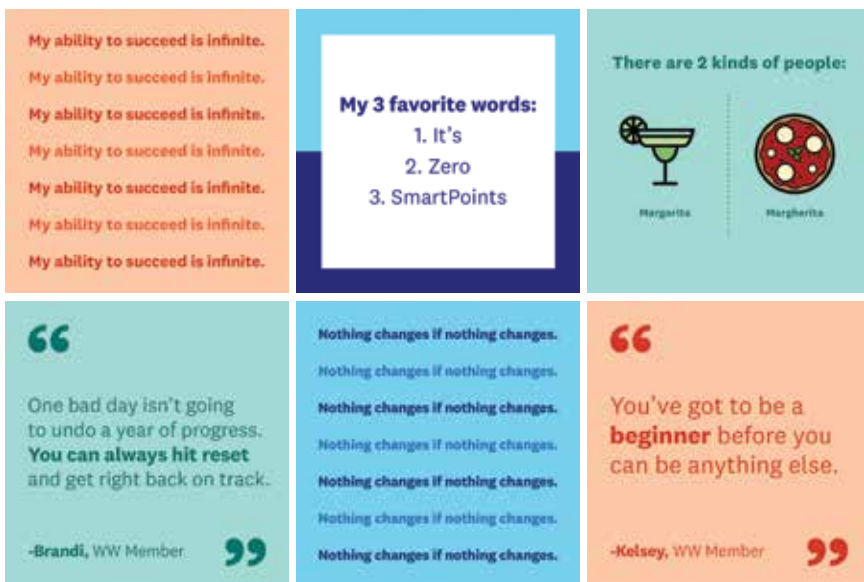


“I want to feel confident and love every photo that I take.”

GINGER R., MEMBER

Stay connected

Here's where you can find us between Workshops.
We're constantly serving up great tips, recipes, mantras, videos—basically, anything we think will help you succeed.



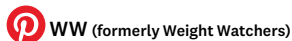
Check these out

#myWW #newbies #wwbros #backontrack #nsv
#wwmembersupport #wwofficial #recipes



Connect

Your private, members-only community in the WW app.



Disclaimers and citations

SmartPoints® values based on available nutritional information (or estimated when required).

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