

Food Scale Quick Start Guide

Congratulations on purchasing your WW Food Scale! This tool takes the guesswork out of calculating SmartPoints® values for your portions and can help you be successful with the WW plan.

Get ready to use your new scale

FIRST, turn the scale over (don't press down on the weighing platform) and press and push the battery cover to remove it. Load the 4 AAA batteries into the compartment; make sure the + and - ends are facing correctly. Replace the battery cover and click it shut.
THEN, unlock your scale by moving the switch position to unlock. Remove the plastic coverings over the screen and scale platform. Press **ON/ZERO** and you are ready to go!



Set Language and Plan

- Press and hold the **SETTINGS** key for 3 seconds to set the language. Then use the **UP/DOWN** keys to view English, French (Français) or Spanish (Español). Press **Enter** to confirm.
- Press **SETTINGS** to toggle the plans. **Plan 1 (Green)**, **Plan 2 (Blue)**, **Plan 3 (Purple)** will be displayed in the top left corner.



Weighing food

Place your food on the platform and the screen will display weight of food. (You can press **g/oz** to switch between the two at any time.)

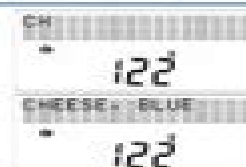
- If you have the food in a bowl or on a plate, start by placing the empty bowl or plate on the platform and press **ON/ZERO** to subtract the weight of that bowl or plate.
- THEN**, place food in the bowl or plate to get the weight of the food.



Getting the SmartPoints value of a food found in the food database

To calculate the SmartPoints value of a food after getting its weight (see above), use the keypad to start entering the food name. Press **ENTER**. Next, use the **UP/DOWN** keys to scroll through the food list until you find your food. When you get to the food name you want, press the **SmartPoints** button to see its SmartPoints value.

TIP: Press **CE** if you want to start again and weigh another food.



Calculating the SmartPoints values of packaged foods

FIRST, press **INPUT**. Then use the number keys followed by **ENTER** to provide each of the following per serving information (in grams): Calories, Saturated Fat, Sugars, and Protein.

THEN, type in the serving size shown on the packaging in grams and press **ENTER**. Place the food on the scale and the SmartPoints value will be displayed. (The SmartPoints value will display a zero until you place the food on the scale.)



Saving your favorite packaged foods to your scale

You can also save up to 10 of your favorite foods in your scale's memory. To save a food, complete steps above. When the SmartPoints value of that food is shown, press **INPUT**. Use the keypad to type in the food name and press **ENTER** to save. It's now saved to your scale's memory!

Please refer to your detailed guide for complete details on your scale's features, including using **RECIPE BUILDER** to calculate the SmartPoints value for a recipe, adding/clearing foods from your recipe, and also the Food List featured in your scale.



For full product information and details on how to use your Food Scale, visit ww.com.

Questions? Comments? Compliments? We want to hear from you! Get in touch: customerservice@ww.com 1-800-767-7501

You might notice SmartPoints differ from the SmartPoints values of foods you calculate using the nutrition label and the database versus the SmartPoints values listed for food products in the Food List on plan guides. That's because the SmartPoints values of foods in our database (i.e., calorie SmartPoints) are calculated from ingredients to reflect those ingredients. If this happens, use the SmartPoints value listed in the Food List on our website, or in our app. WW Logo and SmartPoints are the trademarks of WW International, Inc. The SmartPoints Weight Loss System and its related are proprietary to WW International, Inc. U.S. Patent pending. ©2010 WW International, Inc. All rights reserved.



Quick Start Guide Weight Watchers

WeightWatchers

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