

I'm not a robot



The purpose behind Weight Watchers™ daily smart point allowance can be summarized within one simple principle, to maintain a daily caloric intake lower than that which would otherwise maintain your current bombshell physique. It's that simple. The daily points you are allocated force you to eat less than what your body needs to stay at its current weight. Thus, your daily point allowance is designed to assist you in losing between 1 to 2 pounds per week. Although two pounds a week might not sound like a lot at first, it is the CDC recommended rate for healthy, sustainable weight loss and as we step through some of the equations used to derive the Weight Watcher point system, it will become more evident that a little is actually a lot when it comes to losing weight! To answer this, we need to start by breaking down the main components Weight Watchers uses to determine the daily points allowance that would sustain your current weight. From there we can infer the SmartPoint allowance necessary for healthy, sustainable weight loss. These are the three main processes of metabolism WW uses to calculate your daily points: 1. Basal Metabolic Rate (BMR)Consumes between 60-70% of the energy we burn each dayFor example, keeping our heart beating & mechanical processes such as breathing2. Physical Activity Level (PAL)Consumes between 20-30% of the energy we burn each dayIncreases as the intensity of activity increases3. Food DigestionAccounts for about 10% of our daily energy consumption.Also referred to as the thermic effect of food (TEF)By assigning numerical values to these metabolic components, we can estimate our Total Daily Energy Expenditure (TDEE), which will represent the calories we would need each day to sustain our current body weight. From there, losing weight is as simple as following a system like Weight Watchers to ensure we consume between 500 and 1000 less calories per day in order to meet our objective of losing 1 to 2 pounds per week!This is the equation we are going to solve for in the following example:Where BMR stands for Basal Metabolic Rate, PAL stands for Physical Activity Level, and TEF stands for the Thermic Effect of Food. Once we know our TDEE value, we can use it as a baseline for our projected daily points allowance. These are the steps how to do it...1. Calculate BMR (Basal Metabolic Rate)Unless you know your exact body fat percentage, Mifflin-St and Jeor's (1990) revision of the original Harris-Benedict equation (1919) is, as of now, the best predictor indicator of BMR. It requires your height, weight, age, and gender in order to estimate BMR within ±200 calories.BMR For Men:BMR For Women:If you're wondering how these seemingly random values were determined, they were proven through regression analysis of experimental data. Ok, now that we know the equation, let's calculate the BMR for a 35 year old male with the following attributes:Gender:MaleAge:35 yearsHeight:5' 10" (178 cm)Weight:200 lbs (91 kg)Therefore, a five-foot-ten, two hundred pound, thirty-five year old male will need about 1,853 calories simply by getting out of bed in the morning and navigating a typical daily routine.2. Factor in Physical Activity Level (PAL)Now that we have calculated BMR, it's time to factor in physical activity level (PAL). The following table describes activity levels and their associated PAL multipliers:Activity LevelDescriptionPALInactive/SedentaryDesk job with no option to move around; little to no strenuous leisure activity1.25Light ActivityDesk job that requires you to move around; little to no strenuous leisure activity1.5Moderate ExerciseStanding work; Some strenuous leisure activity1.75Heavy ExerciseStrenuous work or highly strenuous leisure activity2.0Multipliers may slightly differ depending on source!We can now use these PAL to solve for the segment of the TDEE equation. Let's continue our example by factoring in a physical activity level of Inactive/Sedentary (since most of us will fit into this category anyway) using the BMR from our previous calculation.Great, let's move on to the final step in calculating Total Energy Expenditure!3. Account for the Thermic Effect of Food (TEF)Now that we have accounted for Basal Metabolic Rate and Physical Activity Level, the final metabolic component that affects TDEE is food digestion, which is scientifically referred to as the Thermic Effect of Food or TEF for short.If you recall from earlier, food digestion can be measured to consume an additional 10% of daily energy consumption, therefore, our TEF equation will do just that:We've successfully solved for all the elements necessary to calculate TDEE in our example, so let's do that!And... we're done! This means that our 5ft 10in, 200lb, 35-year-old, sedentary male will consume about 2,501 calories a day just by existing and not making any additional effort to burn calories or consume energy. What this number also indicates, are the number of calories an individual needs to consume to maintain his current weight. If we're armed with this number, losing weight is as simple as dropping our daily caloric intake below this value rate, or 500 calories per pound. The following chart demonstrates how our daily intake would need to be adjusted to lose 1, 2, and 3 pounds a week:Points Per WeekCalories Per Day1 pound2,001 calories1.5 pounds1,751 calories2 pounds1,501 caloriescalories are short-hand kilocalories (kcal)To lose between 1 and 2 pounds a week, the individual in our example would need to consume between 1,501 and 2,001 calories a day. Now that we have these numerical metrics to reference, it's easy to see why the CDC recommends this range as an optimal weight loss rate, 1,000 fewer calories a day is a lot!That's great and all, but...in order to answer this, we must first calculate the daily smart point allowance for our example using the Weight Watchers formula.If you are a male8 pointsBetween ages 27-373 pointsOne point per 10 lbs20 points5 ft 10 in + 2 pointsSedentary/Inactive0 pointsTotal33 pointsThe Weight Watchers method allows our example participant 33 daily smart points, in addition to 49 weekly points. If we factor in our weekly smart points as an average per day, we would get:So, on average, we have 40 smart points to spend per day. Although, this value is accurate for our first week, it should be recalculated each week to account for any weight loss that could affect the allowance value.Now that we have solved for TDEE (the number of calories to sustain our current weight) and our daily smart point allowance, I'd imagine the most common mistake at this point would be to correlate smart points directly to calories. This is because not all calories are created equal and their relative worth will differ depending on their origin. One way to visualize how Weight Watchers stresses this point is to take saturated fat, sugar, and protein and represent them through calories per smart point.NutrientTypeCalories Per Smart PointSaturated Fat17Sugar24Protein48Average= 30Thus, if you come across a thread or post that indicates a smart point is equivalent to 30 calories, this is why. However, as we'll find out, this is a bit of a misconception. Because, if we take this arithmetic mean and apply it to our adjusted daily allowance points, we get:Considerably lower than what we expect, which would be somewhere between 1,500 and 2,000 calories to reach our weight loss goals healthily and sustainably. Thus, taking the arithmetic mean of calories per smart point, in essence, the assumption that all calories are created equal is not the recipe Weight Watchers subscribes to. But what if we take our calorie per smart point metrics and weight them to align with CDC recommended guidelines for saturated fat and sugar consumption? Both of which should account for 10% of your daily caloric intake. So, let's allocate these percentages to our daily smart points and analyze the results:NutrientTypeWeighted Point ValuePoints x Calories Per Smart PointCalories Saturated Fat4 points (10% of 40 points)4 x 1768Sugar4 points (10% of 40 points)4 x 2496Protein32 points (80% of 40 points)32 x 481536Which equals about 800 fewer calories a day from our original TDEE value of 2,501 calories and if we translate that into an expected weight loss rate, it would be 1.6 pounds per week - exactly where we need to be! The calorie calculator allows you to calculate how many calories you should eat a day in order to lose a certain amount of weight by a certain date. Maximize your weight loss efforts by using the results from this calculator and apply them to this visual hack. Activity Level: Very Light; (most of day sitting at work or at home, a little slow walking, some standing and light household chores) Light; (mostly sedentary, standing or slow walking, but including about 2 hours a day of further activity - e.g. gardening, heavy housework, brisk walking) Moderate; (some occupational walking rather than just sedentary work, plus a little vigorous additional exercise, e.g. dancing, swimming) Heavy; (high levels of activity, both at work and in leisure hours) If you're wondering where to start when figuring out how many calories your body needs, it's best to begin with a basic calculation that has proven accuracy. The Mifflin-St. Jerome equation has been studied against many other calorie calculators and has come out on top according to the Journal of the Academy of Nutrition and Dietetics.(1) Our calculator incorporates the Mifflin-St. Jerome equation and uses the research based on the NIH Body Weight Planner and adapted from research collected at the National Institute of Diabetes and Digestive and Kidney Diseases. (2,3) The calorie calculator is very useful for running and weight training. Another way to include high intensity, high calorie burning exercises into your week is to join a team sport which includes competition as well as training weekly. Finally, it's important to stay motivated. Reducing your caloric intake is hard. Take some time to look at your motivation and your goals, you are more likely to stick to your calories and lose weight. Losing weight is about cutting your overall calories. The fastest way to reduce caloric intake is to combine diet and exercise. There are two important factors in reducing calories through diet. 2. Change Your Diet Changing your diet is by far the most effective way to losing weight. Look at your current diet and make a change towards healthy and filling foods. Foods that are healthy and filling keep you fuller for longer, and mean that you reduce the amount of food and calories you are eating. Your diet should include complex carbohydrates such as natural oatmeal, sweet potatoes and brown rice. Vegetables (broccoli, spinach, green beans, cabbage, cauliflower, lettuce, radishes, asparagus, etc.) fruits and salads should make up a large proportion of your diet. Your source of lean protein should come from egg whites, chicken, turkey, lean red meat and fish (salmon, tuna, etc). Lean protein should be eaten with every meal. These options should keep you full and help you to avoid overeating leading to a high caloric intake and weight gain. Try to avoid fatty, deep fried, and foods full of sugar. These are high caloric foods without any nutritional value. They will increase your caloric intake without satisfying your hunger. 3. Reduce Your Portion Sizes Often our portion sizes are much larger than we need. You should serve meals using a smaller plate. If there is more food than needed, put it away for another meal. It's much harder to have another serving if your leftovers have been portioned out for another meal. Eat slowly. It takes some time for your body to register that you are full. If you are often, you will eat too much food, and end up eating more calories than you need. Don't eat if you aren't hungry and choose foods that keep you fuller for longer. By drinking up to a litre of water before a meal, you will feel fuller and less likely to overeat. Category: Weight Watchers - Exclusives - by: ZeroPoint foods like fruits, veggies, lean proteins do not count against daily total. If you don't have the app, estimate with this manual formula: Points = (Calories ÷ 33) + (Sat Fat × 0.33) + (Added Sugar ÷ 4) + (Protein ÷ 10) Use only added sugar (not total sugar) Use grams for all ingredients Example: a snack with 198 calories, 4g sat fat, 12g added sugar, 5g protein= (198 ÷ 33) + (4 × 0.33) + (12 ÷ 4) + (5 ÷ 10)= 6 + 1.32 + 3 - 0.5 = 9.82 = 10 points Weekly Points (Weeklies): -14-28 extra points/week Up to 4 unused daily points roll over to weeklies Earn more by tracking water, veggies, or activity (only in app) WW ZeroPoint foods - Printable Disclosure: The formula for calculating Weight Watchers points that is outlined in this article and in the internet is based on a previous version of the program. Weight Watchers has recently undergone changes and now uses a more complex calculation that takes into account various factors such as calories, fiber, protein, added sugars, saturated fats, and unsaturated fats. As a result, this formula may not be accurate or up-to-date. It is important to note that Weight Watchers now uses a more individualized approach, assigning each person their own unique points based on their specific needs and goals. The most accurate and current information can be found by logging into your Weight Watchers account through the official app. We recommend using the app to obtain the most accurate and up-to-date information about your points. To manually calculate your daily point allowance by following these steps, based on the old Points system: Begin by determining your starting point based on your gender. Ladies should start with 2 points, while men should start with 8 points. Take into account your age by adding 4 points if you are between 17 and 26 years, 3 points if you are between 27 and 37 years, 2 points if you are between 38 and 47 years, and 1 point if you are between 48 and 58 years. Add 1 point for every 10 pounds of body weight and weigh yourself to determine your current weight. If you are between 5 feet 1 inch and 5 feet 10 inches, add 1 extra point. If you are over 5 feet 10 inches, add 2 extra points. Consider your level of activity by adding 6 points if you do labor work, 2 points for moderate level work, and 0 points if you are inactive. Add all of these points together to discover the total amount of points you can eat per day. After that, you want to deduct the points of each meal/food (explained in the next section below) from your total daily allowance to ensure you stay within your daily point limit. By following these steps, you'll be able to calculate your daily point allowance and make informed decisions about the foods you eat. Remember, it's very important to use the WW App to get accurate information, and to check the program updates. It's so easy; just go to this free weight watchers daily allowance points calculator online to enter your data and receive an immediate result for your daily allowance. Calculating Weight Watchers points for your food can seem like a daunting task, but it doesn't have to be. By following these simple steps, you'll be able to figure out the points value of any food item in no time. According to WikiHow and other sources, the steps to calculate manually your food points, based on the old Points system, are: The first step in calculating Weight Watchers points is to divide the number of calories in your food by 50. For example, if you are consuming a food that has 500 calories, your initial points value would be 10. The next step is to add one point to the previously mentioned value for every 12 grams of fat in one serving. If your food item from step 1 has 24 grams of fat, add 2 points, yielding 12 points. Finally, subtract one point for every 5 grams of dietary fiber in a serving. The result is the number of Weight Watchers points per serving for your food. Continuing the example, if the food has 5 grams of fiber, subtract 3 points, for a final value of 9 points. Weight Watchers Points per serving = (Calories /50) + (Fat (in grams) /12) - (Fiber (in grams) /5) By using this formula or calculator, you'll be able to quickly and easily calculate the points value of any food item. This will help you stay on track with your weight loss goals and make healthier food choices. However, it's accurate to check your food points and allowance on the WW app. It's so simple; just go to this online free weight watchers food points calculator to enter your metrics and get an instant result for your food points. Before you get started, weigh yourself to get a start on the new, healthier you. You'll find out how many pounds you've lost and learn about the essential keys to success at Weight Watchers. If you're looking to lose weight, but aren't sure where to start, you can also get help with burning off the calories on the Weight Watchers website. This quick guide on how to calculate weight watchers points, including simple meal plans, handy shopping advice, and what to expect when you take your first steps on the new plan. However, if you've ever tried to lose weight, you'll know that sticking to a strict diet regime can be tough at the best of times. While the weight-loss world is full of promises that sound too good to be true, many fail to deliver – and end up damaging their health, their relationships, and their bank accounts. If you think you're a little overweight, think again. In fact, you could have a few pounds to lose or it could be more. Either way, weight loss is all about eating fewer calories than you eat. A quick guide to your 5-a-day here. Here's a quick guide on how to calculate weight watchers points, including some powerful advice for tracking and meal planning, a disclosure, updates, and what to expect when you take your first steps on WW plan. I want to assure you that following the program does not mean giving up your favorite foods. You can still enjoy the same meals as you would on a regular diet, but in smaller quantities. The total amount you can eat each day is determined by your body mass index, which takes into account your muscle, bone, and water-filled body parts. To ensure healthy eating, Weight Watchers uses a points system to calculate how many points you can consume each day. The calculations are straightforward and easy to understand. Weight Watchers now uses a more complex calculation that considers various nutritional factors such as calories, fiber, protein, added sugars, saturated fats, and unsaturated fats to determine points. To help you keep track of your progress and stay on track, the WW App provides you with personalized point calculations and a comprehensive program that's constantly updated. Weight Watchers has released and used several different systems for calculating points since it was first established: Original Points system (1960s-2010); Assigned points to foods based on their caloric, fat, and fiber content. PointsPlus system (2010-2012): Assigned points to foods based on their protein, carbohydrates, fat, and fiber content. FitPoints system (2012-2016): Assigned points based on physical activity and was used in conjunction with the PointsPlus system. SmartPoints system (2016-2019): Assigned points based on their protein, carbohydrates, fat, and sugar content, with more emphasis on proteins and fiber. This system also includes a feature called "Zero Points Foods" which are foods that are considered healthy and can be consumed in unlimited amounts without being counted towards daily points. MyWW (2019-2021). This system allows users to select from different plans based on their lifestyle, preferences, and habits. The plans are Green, Blue, and Purple, each with different daily points and ZeroPoint foods. This system continued to use the SmartPoints term as the food point amount. To avoid confusion, the Blue plan is the same as the popular Freestyle WW program. PersonalPoints (2021-2022): The PersonalPoints system determines the nutritional value of food by evaluating various components such as calories, fiber, protein, added sugars, saturated fats, and unsaturated fats. This algorithm was designed to assist individuals in making informed choices by identifying foods that are rich in beneficial nutrients such as healthy fats, fiber, and protein, while also limiting the intake of added sugars and saturated fats. Points® (2022-2023/Current): Weight Watchers has recently introduced a new plan called the Points® system. This system is the latest addition to the Weight Watchers program and is similar to the previous plans such as the Weight Watchers Freestyle plan (2017-2018) and the MyWW Blue program (2019-2020). The new Points® system aims to provide its members with a comprehensive approach to weight loss by focusing on different aspects of nutrition. To learn more about the new Points® system, please visit the Weight Watchers website. For tracking weight watchers points, follow the way that Weight Watchers suggests, but ensure that you're still eating plenty of healthy foods. Follow the guide that the organization suggests - basically, a key part of the plan is counting everything you eat in a day. For example, if you're planning to lose weight, you can count your caloric intake for the day using the company's "Jumpstart" plan. This helps you to achieve the recommended amount of 2,000 calories each day. If you're trying to lose weight, it's a good idea to try and include snacks in your diet, too. So if you've signed up to the Weight Watchers Online program, you can run and eat what you want, but you can't eat anything you want. Carrots, peppers, and sweet potatoes are all good choices. There's nothing more important for your weight loss than staying hydrated. So if you have a long day at work, try and make sure you have plenty of water throughout the day. Subscribe to research from MyWWList. Subscribe free to get the latest posts sent to your email. Get free Weight Watchers kits & lists Receive new posts, topics, and Weight Watchers tips, tricks, and tools to your email for free! Weight Watchers, now known as WW, has been a popular and effective weight loss program for years, and their point system is a cornerstone of this success. It's designed to make healthy eating simpler and more flexible. The WW point system has changed and evolved over the years, and you might remember former systems based on PersonalPoints, SmartPoints, and ProPoints. The latest evolution of the point system simply calls them, "Points" and makes tracking them simple.While the name for points has changed and the program has been simplified, the WW points algorithm has not changed. Actually, several people tell me that the new point system is similar to the old WeightWatchers Blue Plan.Here's today's featured membership deal (view all) plus what Weight Watchers' points are and how they can help you lose weight.Weight Watchers: What are Points? | Zero-Point Foods | Point System | Point Values | Points Per Day | Tracking Points | FAQsWeight Watchers points are a way to assign a value to every food and drink you consume. These values are based on the nutritional content of the food, including calories, saturated fat, sugar/carbs, fiber, and protein. In essence, each food and beverage is assigned a point value to help you make informed choices about what to eat.We made a points calculator here to estimate the WW points in any food based on nutritional info!While no foods are forbidden, healthy foods are cheaper to encourage better choices. In fact, WW has thousands of recipes with points plus a list of about 200 zero-point foods that you can eat for free.Weight Watchers points to calories? Calories are just one factor in calculating points, but we can estimate that one point is equal to about 70 calories.WW zero-point foods are generally healthy and won't count toward your daily or weekly points budget. Weight Watchers makes these foods "free" to encourage health and wellness. Most people are assigned to a point range between 23 and 37 points per day. Frequently Asked Questions 1. How Do I Know How Many Points I'm Allowed? When you join Weight Watchers, you will be asked to take a personal assessment that takes into account your weight, height, age, and gender. This assessment will determine your daily point range. 2. Can I Go Over My Daily Points? Yes, you can go over your daily points if you choose to. However, it's important to note that going over your weight loss progress. 3. Can I Save Points from One Day to Use Another Day? Yes, you can save points from one day to use on another day if you choose to. However, it's important to keep in mind that you shouldn't save up points for a big splurge - it's better to use them for small indulgences throughout the week. 4. Are All Foods Assigned Points? Most foods are assigned points on the Weight Watchers plan. However, fruits and vegetables are generally considered "zero-point" foods, meaning you can eat as much of them as you'd like without using up any of your daily points. Yes, you can earn extra points by exercising. The number of points you earn will depend on the type of exercise and the intensity of the workout. 6. Can I Carry Over Unused Points? No, unused points from one day cannot be carried over to the next day. Each day has its own point allotment that cannot be shared or carried over. 7. Can I Eat Fast Food on the Weight Watchers Plan? Yes, you can eat fast food on the Weight Watchers plan. However, it's important to consider the point values of the foods you're choosing and to make smart choices when ordering. Many fast food restaurants now offer healthier options that are lower in points. 8. How Do I Calculate the Points in My Meals? Weight Watchers provides a points calculator that can help you determine the points in your meals. Additionally, many foods come with nutrition labels that include the point values. 9. Can I Drink Alcohol on the Weight Watchers Plan? Yes, you can drink alcohol on the Weight Watchers plan. However, you should be aware that alcoholic beverages can be high in points. It's important to track the points in your drinks and make smart choices. 10. What Happens if I Go Over My Points for the Day? If you go over your points for the day, don't panic. Simply start fresh the next day and try to stay within your point range. Remember that weight loss is a journey and there will be ups and downs along the way. 11. Can I Still Eat Out at Restaurants on the Weight Watchers Plan? Yes, you can still eat out at restaurants on the Weight Watchers plan. However, it's important to make smart choices when choosing what to eat. Check restaurant menus ahead of time and look for healthier options that are lower in points. 12. What Happens if I Don't Use All of My Daily Points? If you don't use all of your daily points, you don't need to feel obligated to eat more simply to use them up. Remember that the point range assigned to you is a range, meaning you don't need to hit the exact number every day. 13. Is Weight Watchers a Sustainable Weight Loss Plan? Many people have had success with Weight Watchers and found that it is a sustainable weight loss plan. However, it's important to keep in mind that weight loss is not a one-size-fits-all solution. What works for one person may not work for another, so it's important to find a plan that works for you personally. 14. How Quickly Can I Expect to Lose Weight on Weight Watchers? The rate at which you lose weight on Weight Watchers will depend on a variety of factors, including your starting weight and how strictly you stick to the plan. Weight loss is a gradual process and it's important not to set unrealistic expectations for yourself. Remember that slow and steady progress is better than quick weight loss that is not sustainable. 15. Can I Continue to Follow Weight Watchers After I Reach My Goal Weight? Yes, many people continue to follow Weight Watchers after they reach their goal weight to maintain their progress and form healthy habits for life. [{"type": "span", "children": "!"}, {"text": "Go back"}]]What is the WeightWatchers® Programme? Many programmes consider just calories. Our system takes it a step further, taking into account a food's complex nutritional factors, like added sugars, fibre, protein, and saturated fats vs. unsaturated fats, to create a single number: the Points value. Points take the guesswork out of nutrition.Your plan will include a Points Budget, and how you spend is up to you. Wine on date night, Sunday brunch, Birthday cake. No food, event, or celebration is off limits. And if you run out of Points? That's where ZeroPoint™ foods come in - they're nutritional powerhouses you can eat anytime without tracking or measuring.What makes the Weightwatchers Programme different from previous programmes? We help you lose weight and build healthy habits, one small step at a time. Fad weight-loss diets can be restrictive, and rarely work long term. We have more than 140 publications that show WeightWatchers' efficacy to help members lose weight and keep it off.What research went into the food programme?Our mission is to help you develop healthy habits, rooted in science. To deliver on that promise - and ensure that only the best programmes reach our members - we spent over two years rigorously testing our new programme with more than 6,000 members across the globe. What does that process look like? We have a science team dedicated to researching the latest in nutrition and behaviour change principles to better understand what might make your journey easier. We used those learnings to update our Points formula and create individualised plans that fit how you live your life. We then tested our new programme with members, followed by a 6-month study conducted by university researchers. Long story short? We did our homework so you can jump right into the new WW programme, confident that it will help you achieve success. How are Points® calculated? Points® make healthy eating simple by boiling complex nutritional information down into one easy-to-use number. There are six components that make up a Points® value. Calories are part of the equation; saturated fat and added sugar drive the Points® values up, while fibre, protein, and unsaturated fats drive it down. Our scientifically-proven system is designed to guide everyone towards a healthier pattern of eating with foods that are higher in fibre, protein, and unsaturated fats (the better-for-you fats) and lower in added sugar and saturated fat (the less good-for-you fats) Will the WeightWatchers Programme be the same across the world? Yes! No matter where in the world you are, you'll experience the WW Points® Programme. How many food plans does WW offer? On WW there's one food plan - yours. You'll get a unique Points® Budget calculated specifically for your metabolic rate and weight goals that you can spend on any food you choose. You'll also get a ZeroPoint™ food list designed to include your favourites while successfully losing weight. And as always, you can be confident that your plan will guide you towards a healthier pattern of eating, nudging towards foods higher in fibre, protein, and unsaturated fats (the better-for-you fats) and lower in added sugar and saturated fat (the less good-for-you fats).How will I know if the WW programme is working for me? It comes down to how you feel! Are you finding it very hard to stick to your Points® Budget every day? Do you rarely eat the foods on your ZeroPoint™ list? Are you not losing weight? The WW programme is designed to be flexible and liveable and if shaking it up will help, we're all for it. After all, we're here to help you succeed! On the WW programme, what is the minimum number of daily Points® I can get? The minimum number of daily Points® you might have in your Budget is 14. Everyone's Budget is personalised to them (based on a scientific calculation of your metabolism, including your age, height, weight, and biological sex) and designed to create an energy deficit that promotes a healthy rate of weight loss (for most people, that's 1-2 pounds per week, although you may see more at the beginning.) Will my Points® Budget go down as I lose weight? Yes. Our programme is designed to follow you on your journey, meaning your Points® Budget actually adjusts as your body changes. A smaller body uses less energy and requires fewer Points®. If you've been tracking your weight change in the app, you may see your Budget (and possibly even your weeklies) decrease over time. This is a good thing - it means you're making progress towards your goals! Is my Healthy Eating Zone range unique to my plan? Yes! Your Healthy Eating Zone will be personalised to you. The Healthy Eating Zone ranges from 8 Points below your starting daily Points® Budget to 10 Points above it. So if your daily Points® Budget is 24, you can get a blue dot if you track between 16 and 34 Points in a day.How was the Healthy Eating Zone determined? The Healthy Eating Zone is your daily Points® Budget plus a little wiggle room. This range is intentionally designed to reinforce the fact that you don't have to be "perfect" to be successful - sometimes you'll be a little above or below your daily Budget and that's okay! We established this range (49+10 from your starting Budget) to give you more flexibility day-to-day. The lower end of the range encourages you to make sure you're eating and tracking your meals throughout the day (stopping after morning coffee will leave you above the end of the Healthy Eating Zone range) and the upper end of the range accounts for your ability to use your weeklies and any Points you earn as you see fit. The Weight Watchers PointsPlus program is essentially an overhaul of the old Weight Watchers points system. While it had been successfully over the last thirteen years, breakthroughs in understanding of the weight loss process, and nutritional content have seen a huge increase in healthy eating and lifestyle change, to accompany weight loss success. How Many Points Plus Do I Get? As a Weight Watchers member, you have your daily PointsPlus allowance calculated for you. This can be through stools, or at meetings. You can also use the calculator below to determine your Points Plus allowance per day. The winning combination of accountability and support at meetings, along with the new PointsPlus system once again proved to be a winner. For the fourth year in a row, Weight Watchers has come out on top, ranking number one weight loss plan, in the US News and World report. The Weight Watchers PointsPlus program follows the same basic rules as the previous program. Participants are allocated a daily allowance of PointsPlus, the minimum being 26 points. The original minimum PointsPlus allocation was 29, but this was changed when participants complained that they weren't seeing the weight loss results they expected with such a high daily PointsPlus allowance. This is a marked difference to the old program where the minimum Points allocation for a day was 18 points. If a participant is following the new PointsPlus program and still feeling hungry all the time, they have the option to increase their points by 1-3 PointsPlus per day back up to 29 to satisfy their hunger. Larger participants who have more to lose are allocated a larger number of daily Weight Watchers PointsPlus (up to a maximum of 79). As well as having their daily allowance, each week has a 49 PointsPlus bonus (an increase from the old 35 Points) which can be used in one big blow out, spread out across the week, or not used at all, as the individual participant decides. Adding activity into your day increases your PointsPlus allowance. Different points are given for different types of activity, but the most energy-expensive is running. An activity point is worth 49 bonus points. This means, you can use the 49 bonus points you earned on the same day you earned them, or any time during the current PointsPlus week. But, if you don't use them within that week, you lose them, just like you do the unused 49 bonus points. How Are Points For Foods Calculated? Starbucks Caffe Latte, 4 Points Vs 5 Points Plus Along with the changes in the PointsPlus allowance, there has been a significant change in the way points for foods are calculated. Previously points were calculated based purely on fat, fiber and calories, now the PointsPlus system takes into account carbohydrates and proteins, and disregards the calories. While it's true that participants have larger daily PointsPlus allowances, it's also true that the PointsPlus value of foods has, as a general rule, increased. The two biggest changes of the PointsPlus program as compared to the old weight watchers points system, are that fruit is now free of PointsPlus and that processed foods generally have higher points than wholefoods. On the previous points system, participants could and often would, choose an unhealthy option, for example a cookie or a couple of squares of chocolate, instead of a piece of fruit, for the same points value. There was a need to make sure they weren't "missing out". In the new Weight Watchers PointsPlus program, participants have the option of choosing fruit for a zero PointsPlus value. This is in an effort to promote good food choices by making them more appealing within the PointsPlus system. This is not to say that you should gorge on fruit, even though it's free. Obviously even though Weight Watchers doesn't allocate it PointsPlus values, that doesn't mean that it doesn't contain calories. The system only works if you also take into account the other rules of the diet, that you only eat what you're hungry, and you only eat until you're satisfied, not over-full. By combining the Weight Watchers PointsPlus values with the Weight Watchers power foods list, participants can ensure they have a healthy balanced diet that promotes a sustainable lifestyle and weight loss. The PointsPlus calculator is suitable for most foods, however alcohol and sugar alcohol is a different calculation. NOTE: Weight Watchers is a registered trademark of Weight Watchers International, Inc. POINTS, POINTSPUS and 123 Success are trademarks of Weight Watchers International, Inc. Authentic information about the program is only available at your local Weight Watchers meeting. This site is not affiliated with Weight Watchers International in any way, and Weight Watchers has not reviewed this site for accuracy or suitability for WW members. Information on this site is based on recollections and assumptions of it's author and is not warranted for any purpose by it's author. All readers are encouraged to go to a Weight Watcher's meeting for actual WW info. This site is presented under the rights of the First Amendment; rights worth fighting for. All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.