The NEW Weight Watchers Beyond the Scale program delivers our most holistic and personalized approach ever — so you can eat healthier, move more, live happier AND lose weight!

What’s different?

1. **Eat better with the SmartPoints™ Plan**
   SmartPoints goes further than our previous plan, steering you towards less sugar, less saturated fat, and more protein. Every food is still on the menu — it’s your choice!

2. **Move more with FitPoints™**
   Kick it all off with a quick assessment to determine your activity level. You’ll get a personalized fitness goal and earn FitPoints for the activity you do. Plus, discover fun and easy ways to get in the game with activities that fit your life.

3. **Find and fuel your inner strength**
   We’ll help you find ways to feel good every day and unlock your best self. After all, studies show that happier people tend to make healthier choices.

**It gets even better because it’s all about YOU**

- **Customized** food and activity goals
- Emails with content tailored to your lifestyle
- Share photos, get inspired, and celebrate your wins with our new Connect feature

**Sign up and see how Weight Watchers can help you.**