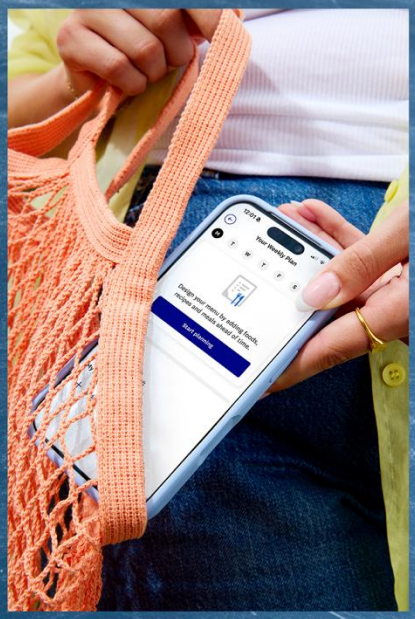
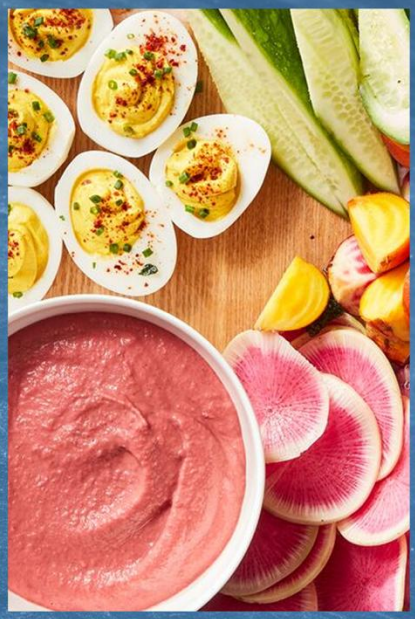
WEIGHT WATCHERS FOR BUSINESS

BACK TO SCHOOL

CLASS IS BACK IN SESSION

Is your routine?





The Sunday Prep

Reclaim your mornings by prepping smart. Spend 30 minutes on Sunday to save 3 hours during the week.

The Lunchbox Logic

Swap the Bread

Use Sandwich Thins or wraps to keep points low.

Protein First

Deli turkey and tuna keep you full.

Smart Sides

Veggies with hummus or frozen grapes for a sweet crunch.

Pro-Tip: Open the **WW App** every Sunday night. Use the "Weekly Plan" feature to map out your meals before the Monday madness hits.

Sign up today by selecting your organization at ww.com/getstarted

Already a Weight Watchers member?
Call customer service at 866-204-2885 to sync your account.