None of us are perfect and neither is the world we live in. That’s why we’ve created Weight Watchers 360°. The new program is designed to build on our proven PointsPlus® plan with a breakthrough approach that can help make healthy living become second nature. It’s based on 50 years of experience so you can live your life, lose weight and learn how to keep it off.

The new Weight Watchers 360 program gives you the power to lose weight like never before. Through a holistic approach, we surround you with tools, motivation, and guidance in an effort to maximize engagement in your weight-loss journey.

Weight Watchers 360° builds on the Tracking behavior and adds more emphasis to managing Spaces (environments and situations) and developing specific Routines that can become new healthy habits that stick.

Get the tools and help you need — when, where and how you want it, with individual attention, group support and access to the best digital tools.

Weight Watchers eTools gives you access to digital tools and apps between meetings.

The apps for iPhone, Android, and tablets have been completely re-designed to provide better information, motivation and tools to ensure you are never on your own in your weight-loss journey.