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WEIGHTWATCHERS GUARANTEE

PointsPlus/Pro Points per Day <150 lbs <68

kgs: 18 to 23 points: Use the "daily PointsPlus target calculator" above: 150 to 174 lbs: 68 to 79 kgs: 20 to 25 points: 175 to 199 lbs: 80 to 90 kgs: 22 to 27 points: 200 to 224 lbs: 91 to 101 kgs: 24 to 29 points: 225 to 249 lbs: 102 to 113 kgs: 26 to 31 points: 250 to 274 lbs: 114 to 124 kgs: 28 to 33 points: 275 to 299 lbs: 125 to 135 kgs

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