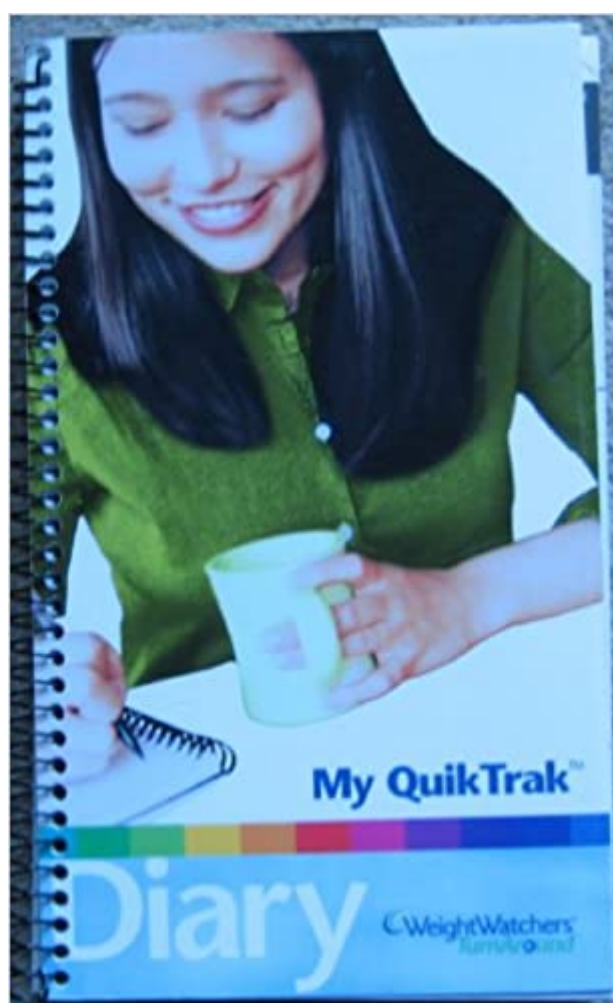


The book was found

Weight Watchers My QuikTrak Diary - 12 Week Core & Flex (Weight Watchers TurnAround Program, QuikTrak)



Synopsis

12 week tracker for the Flex Core Plan

Book Information

Ring-bound: 131 pages

Publisher: Weight Watchers (2004)

Language: English

ASIN: B000N0CEP6

Package Dimensions: 7.1 x 4.2 x 0.4 inches

Shipping Weight: 3.5 ounces

Average Customer Review: 4.4 out of 5 stars 6 customer reviews

Best Sellers Rank: #729,492 in Books (See Top 100 in Books) #112 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #4166 in Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

12 week tracker for the Flex Core Plan

Since Weight Watchers changed to Points Plus it's hard to find resources to support the old program. So glad I found it.

These are very nice. I gave one to my aunt to use! We both love them!

This handy tracker is easy to use and purse size too. Even with all the electronic options, writing it down somehow makes me more accountable. Great way to stay on track!

thank you.

This product is fabulous - I used it 10 years ago and was very successful. I was glad to be able to find this same program available as I am not enamored with the new program. When my tracker first arrived, it was not as described. I was thrilled when the seller made it right - and very promptly! I would buy from her again.

Great transaction, highly recommend.

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