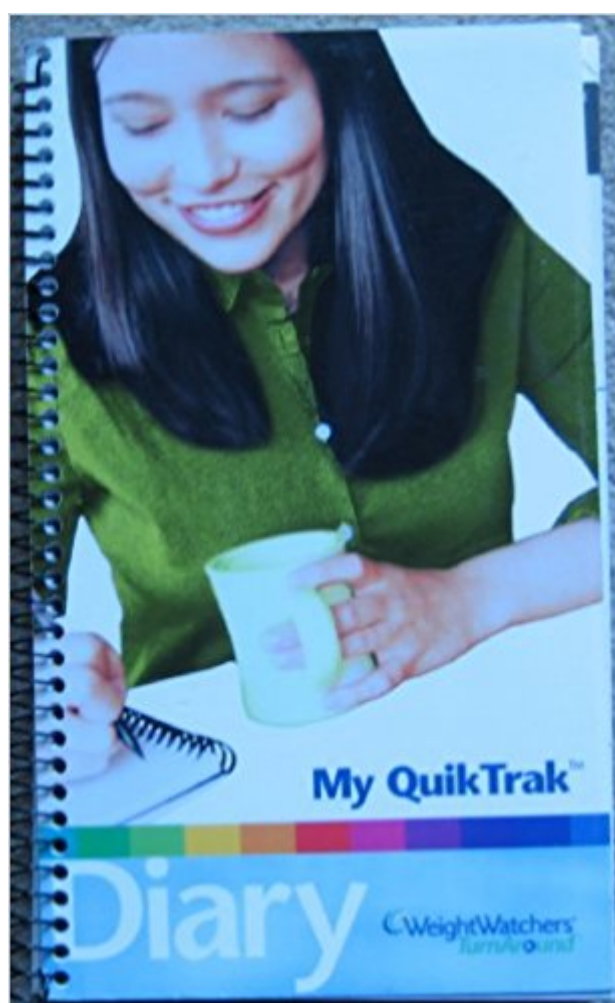


The book was found

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.

[Download to continue reading...](#)

Weight Watchers My QuikTrak Diary - 12 Week Core & Flex (Weight Watchers TurnAround Program, QuikTrak) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Weight Watchers: Weight Watchers Cookbook - Smart Points Edition - Lose Weight By Eating Smarter (Weight Watchers Pocket Guide) Weight Watchers: 101 Weight Watchers Dinner Recipes For Natural Weight Loss & Clean Eating Ski Flex: Flexibility, Fitness, and Conditioning for Better Skiing (Sports Flex Series) Weight Watchers Ultimate Flex & Core Cookbook Weight Watchers All-Time Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test Kitchens (Weight Watchers Cooking) Business Turnaround Blueprint: Take Back Control of Your Business and Turnaround Any Area of Poor Performance (A Business Book for the Hard-Working Business Owner) Enduring Myths That Inhibit School Turnaround (Contemporary Perspectives on School Turnaround and Reform) The Weight Watchers Cookbook: SmartPoints Guide with 50 Delicious Recipes for Rapid Weight Loss! (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) Speak in a Week! Italian Week One [With Paperback Book] (Speak in a Week! Week 1) (Italian Edition) Weight Watchers POINTSfinder Slide Turnaround Calculator Weight Watchers 101 Secrets for Success: Weight Loss Tips From Weight Watchers Leaders Weight Watchers Recipes: 100 Weight Watcher Slow Cooker Recipes For Quick & Easy, Weight Watchers One Pot Meals Weight Watchers Program: Beginners Weight Watcher Diet Plan Guaranteed To Help You Lose Weight and Stay Healthy Weight Watchers One Pot Cookbook (Weight Watchers Cooking) Weight Watchers Family Meals: 250 Recipes for Bringing Family, Friends, and Food Together (Weight Watchers Lifestyle) Weight Watchers In 20 Minutes (Weight Watchers Cooking)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)