

La personnalisation de FlexiPoints

Les besoins énergétiques sont différents pour chaque personne. A chacun ses besoins, à chacun son capital **POINTS** !

Le questionnaire ci-dessous va vous permettre de déterminer votre capital **POINTS** personnel. Répondez aux questions suivantes en notant le chiffre (ou nombre) attribué à chacune dans les cases en regard.

Exemple pour la question 1 :
Si vous êtes une femme

7

1. VOUS ÊTES...

- a) Un femme 7
- b) Un homme 15

2. QUEL ÂGE AVEZ-VOUS ?

- a) 18-20 ans 5
- b) 21-35 ans 4
- c) 36-50 ans 3
- d) 51-65 ans 2
- e) Plus de 65 ans 1

3. COMBIEN PESEZ-VOUS ?

Notez comme résultat le chiffre (ou nombre) de la dizaine correspondant à votre poids.

Exemple : si vous pesez de 70 à 79 kilos, notez 7

4. COMBIEN MESUREZ-VOUS ?

- a) Moins de 1,60 m 1
- b) 1,60 m et plus 2

5. VOTRE ACTIVITE QUOTIDIENNE EST :

- a) Un travail effectué presque exclusivement assis 0
- b) le plus souvent assis mais parfois debout ou avec quelques déplacements 2
- c) Une activité pratiquée essentiellement debout 3
- d) Un travail très physique 4

6. VOUS VOULEZ ...

- a) Perdre du poids 0
- b) Commencer la stabilisation de votre poids 4

Additionnez les résultats.

Vous obtenez le nombre de vos unités **POINTS** pour la journée : votre capital **POINTS**

Très important : lisez les informations de la page suivante ►

Weight Watchers Flexipoints

M Walker



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