

# 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

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