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REED SAM
Form 4
March 19, 2003

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
WASHINGTON, D.C. 20549

// CHECK THIS BOX IF NO STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP
LONGER SUBJECT TO SECTION 16. FORM 4 OR Filed pursuant to Section 16(a) of the Securities Exchange Act of 1
FORM 5 OBLIGATIONS MAY Section 17(a) of the Public Utility Holding Company Act of 1935
CONTINUE. SEE Section 30(h) of the Investment Company Act of 1940
INSTRUCTION 1(b).
(Print or Type Responses)

<p>1. Name and Address of Reporting Person*</p> <p>Reed Sam K</p> <p>(Last) (First) (Middle)</p> <p>622 West Maple</p> <p>(Street)</p> <p>Hinsdale Illinois 60521</p> <p>(City) (State) (Zip)</p>	<p>2. Issuer Name AND Ticker or Trading Symbol</p> <p>Weight Watchers International, Inc. (WTW)</p> <p>3. I.R.S. Identification Number of Reporting Person, if an entity (voluntary)</p> <p>SSN: 463-76-8083</p> <p>TABLE I - NON-DERIVATIVE SECURITIES ACQUIRED, DI</p>	<p>6. R</p> <p>X</p> <p>---</p> <p>---</p> <p>7.</p> <p>X</p> <p>---</p>
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4. Statement for Month/Day/Year
March 17, 2003

5. If Amendment, Date of Original (Month/Day/Year)

1. Title of Security (Instr. 3)	2. Trans- action Date (Month/ Day/ Year)	2A. Deemed Execution Date, if any (Month/ Day/ Year)	3. Trans- action Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Security Benefici Owned Fo ing Repo Transact (Instr. and 4)
			Code V	Amount (A) or (D) Price	

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FORM 4 (CONTINUED)

TABLE II - DERIVATIVE SECURITIES ACQUIRED, DISPOSED OF, OR BENEFICIAL
(E.G., PUTS, CALLS, WARRANTS, OPTIONS, CONVERTIBLE SECURITIES)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired, Disposed of, or Beneficially Owned (Instr. 9)
Options (right to buy)	\$40.61	03-17-03		A	2,000

7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Securities: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
Title	Amount or Number of Shares			

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Common Stock, no par value	2,000	4,000	I	Sam K. Reed and Victoria Reed Inte Vivos Trust
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Explanation of Responses:

/s/ Sam K. Reed

**Intentional misstatements or omissions of facts constitute Federal Criminal Violations. SEE 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

**Signature of R Sam K. Reed

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, SEE Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.

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