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PENN SCOTT
Form 4
January 24, 2003

FORM 4

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

/ / CHECK THIS BOX IF NO
LONGER SUBJECT TO
SECTION 16. FORM 4 OR
FORM 5 OBLIGATIONS MAY
CONTINUE. SEE
INSTRUCTION 1(b).
(Print or Type Responses)

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934
Section 17(a) of the Public Utility Holding Company Act of 1935
Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person*			2. Issuer Name AND Ticker or Trading Symbol	6. R
Penn	Scott		Weight Watchers International, Inc.	--
(Last)	(First)	(Middle)		
c/o Weight Watchers International, Inc. 175 Crossways Park West			3. I.R.S. Identification Number of Reporting Person, if an entity (voluntary)	4. Statement for Month/Day/Year 01/23/03
(Street)				7.
Woodbury New York 11797				5. If Amendment, Date of Original (Month/Day/Year)

TABLE I - NON-DERIVATIVE SECURITIES ACQUIRED, DI								
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	
Common Stock, no par value	01/23/03		M		65,875	A	\$2.125	291,492
Common Stock, no par value	01/23/03		M		16,469	A	\$2.125	87,583

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-----		(Instr. 4)	
Title	Amount or Number of Shares		
Common Stock, no par value	65,875	32,937	D
Common Stock, no par value	16,469	8,235	I Through Spouse
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/s/ S

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Reminder: Report on a separate line for each class of securities beneficially owned directly or i

- * If the form is filed by more than one reporting person, SEE Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations.
SEE 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

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

Explanation of Responses:

Note 1: Options for 94,107 shares were granted to Mr. Penn on December 17, 1999 that vest on the following schedule: 10% on December 17, 1999; 15% on December 30, 2000; 20% on December 29, 2001; 20% on December 28, 2008; 20% on January 3, 2003; and 15% on January 1, 2004. Options for 188,215 shares were granted on December 17, 1999 that, subject to meeting certain EBITDA targets, vest on the following schedule: 25% on December 30, 2000; 25% on December 29, 2001; 25% on December 28, 2002; 12.5% on January 3, 2003; and 12.5% on January 1, 2004.

Note 2: Options for 70,581 shares were granted on December 17, 1999 to the spouse of Mr. Penn. 23,527 of these options vest on the following schedule: 10% on December 17, 1999; 15% on December 30, 2000; 20% on December 29, 2001; 20% on December 28, 2002; 20% on January 3, 2003; and 15% on January 1, 2004. 47,054 of these options, subject to meeting certain EBITDA targets, vest on the following schedule: 25% on December 30, 2000; 25% on December 29, 2001; 25% on December 28,

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2002; 12.5% on January 3, 2003; and 12.5% on January 1, 2004.