

WEIGHT WATCHERS INTERNATIONAL INC  
 Form 3  
 March 28, 2005

**FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION**  
**Washington, D.C. 20549**

OMB APPROVAL  
 OMB Number: 3235-0104  
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**INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES**

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 or Section  
 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *			2. Date of Event Requiring Statement (Month/Day/Year)	3. Issuer Name <b>and</b> Ticker or Trading Symbol	
Â Burke Russell			03/18/2005	WEIGHT WATCHERS INTERNATIONAL INC [WTW]	
(Last)	(First)	(Middle)		4. Relationship of Reporting Person(s) to Issuer	5. If Amendment, Date Original Filed(Month/Day/Year)
175 CROSSWAYS PARK WEST					
(Street)				(Check all applicable)	
WOODBURY,Â NYÂ 11797-2055				<input type="checkbox"/> Director <input type="checkbox"/> 10% Owner	6. Individual or Joint/Group Filing(Check Applicable Line)
(City)	(State)	(Zip)		<input checked="" type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below)	<input checked="" type="checkbox"/> Form filed by One Reporting Person
				VP Australasia	<input type="checkbox"/> Form filed by More than One Reporting Person

**Table I - Non-Derivative Securities Beneficially Owned**

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
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Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

SEC 1473 (7-02)

**Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.**

**Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)**

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect (I)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Title	Amount or Number of Shares		

(Instr. 5)

Non-Qualified Stock Option (right to buy)	06/09/2005 <sup>(1)</sup>	06/09/2014	Common Stock	25,000	\$ 36.7	D	Â
Non-Qualified Stock Option (right to buy)	03/18/2006 <sup>(2)</sup>	03/18/2015	Common Stock	37,500	\$ 41.99	D	Â
Non-Qualified Stock Option (right to buy)	12/29/2007	03/11/2010	Common Stock	7,500	\$ 42.36	D	Â
Restricted Stock Unit Award	12/29/2007	12/29/2007	Common Stock	625	\$ 0	D	Â
Restricted Stock Unit Award	03/18/2010	03/18/2010	Common Stock	3,125	\$ 0	D	Â

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Burke Russell 175 CROSSWAYS PARK WEST WOODBURY, NY 11797-2055	Â	Â	Â VP Australasia	Â

## Signatures

Russell J. Burke                      03/24/2005

\_\_Signature of                      Date  
Reporting Person

## Explanation of Responses:

- \* If the form is filed by more than one reporting person, *see* Instruction 5(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).
- (1) Options for 25,000 shares were granted on June 9, 2004 that vest on the following schedule: 20% on June 9, 2005; 20% on June 9, 2006; 20% on June 9, 2007; 20% on June 9, 2008; 20% on June 9, 2009.
- (2) Options for 37,500 shares were granted on March 18, 2005 that vest on the following schedule: 20% on March 18, 2006; 20% on March 18, 2007; 20% on March 18, 2008; 20% on March 18, 2009; 20% on March 18, 2010.

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.