

WEIGHT WATCHERS INTERNATIONAL INC  
 Form 4  
 March 22, 2005

**FORM 4**

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

**STATEMENT OF CHANGES IN 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 \*  
**HOLLWEG ROBERT**

2. Issuer Name and Ticker or Trading Symbol  
**WEIGHT WATCHERS INTERNATIONAL INC [WTW]**

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

175 CROSSWAYS PARK WEST

(Street)

WOODBURY, NY 11797-2055

(City) (State) (Zip)

3. Date of Earliest Transaction (Month/Day/Year)  
 03/21/2005

4. If Amendment, Date Original Filed(Month/Day/Year)

\_\_\_\_ Director \_\_\_\_\_ 10% Owner  
 Officer (give title below) \_\_\_\_\_ Other (specify below)  
 VP, GC & Secy

6. Individual or Joint/Group Filing(Check Applicable Line)  
 Form filed by One Reporting Person  
 \_\_\_ Form filed by More than One Reporting Person

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock	03/21/2005		M		3,333	A	\$ 2.125
							94,717
Common Stock	03/21/2005		S		3,333	D	\$ 41.6712
							91,384
Common Stock	03/21/2005		M		6,667	A	\$ 2.125
							98,051
Common Stock	03/21/2005		S		6,667	D	\$ 41.6712
							91,384

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

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.

SEC 1474  
(9-02)

**Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned**  
(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 (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Security (Instr. 3 and 4)
Non-Qualified Stock Option (right to buy) <u>(1)</u>	\$ 2.125	03/21/2005		M	3,333	12/17/1999 <sup>(2)</sup> 12/17/2009	Common Stock
Non-Qualified Stock Option (right to buy) <u>(1)</u>	\$ 2.125	03/21/2005		M	6,667	12/17/1999 <sup>(2)</sup> 12/17/2009	Common Stock

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
HOLLWEG ROBERT 175 CROSSWAYS PARK WEST WOODBURY, NY 11797-2055			VP, GC & Secy	

## Signatures

Robert Hollweg 03/22/2005

\*\*Signature of Reporting Person

Date

## Explanation of Responses:

- \* 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).
- (1) The number of derivative securities beneficially owned following reported transactions include all options granted on December 17, 1999 with the exercise price of \$2.125 and expiration date of December 17, 2009. The total does not include other options granted on January 13, 2003 with the exercise price of \$42.27 and expiration date of January 12, 2008; on January 5, 2004 with the exercise price

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of \$38.64 and expiration date of January 4, 2009; and on March 11, 2005 with an exercise price of \$42.36 and expiration date of March 11, 2010; or restricted stock units granted on March 11, 2005 with an expiration date of December 29, 2007 (each as previously reported on Form 4).

- (2) Options for 94,107 shares were granted 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, 2002; 20% on January 3, 2004; and 15% on January 1, 2005. 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, 2004; and 12.5% on January 1, 2005.

### Remarks:

The sale is being made pursuant to a previously adopted plan dated December 3, 2004 intended to comply with Rule 10b5-1.

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

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