

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)

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

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

WOODBURY, NY 11797-2055

(City) (State) (Zip)

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

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
Common Stock	03/21/2005		S		3,333	D	\$ 41.6712
Common Stock	03/21/2005		M		6,667	A	\$ 2.125
Common Stock	03/21/2005		S		6,667	D	\$ 41.6712

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

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(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 ⁽²⁾ 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 ⁽²⁾ 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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