

SARDINI ANN  
 Form 4  
 March 19, 2003

----- UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
 FORM 4 WASHINGTON, D.C. 20549

/ / CHECK THIS BOX IF NO STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP  
 LONGER SUBJECT TO SECTION 16. FORM 4 OR  
 FORM 5 OBLIGATIONS MAY CONTINUE. SEE SECTION 16(a) of the Securities Exchange Act of 1934  
 SECTION 17(a) of the Public Utility Holding Company Act of 1935  
 SECTION 30(f) of the Investment Company Act of 1940

INSTRUCTION 1(b).  
 (Print or Type Responses)

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 1. Name and Address of Reporting Person\* 2. Issuer Name AND Ticker or Trading Symbol 6. R  
 Sardini Ann Weight Watchers International, Inc. (WTW)

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 (Last) (First) (Middle) 3. I.R.S. Identification 4. Statement for  
 Number of Reporting Month/Day/Year  
 c/o Weight Watchers International, Inc. Person, if an entity  
 (Voluntary) March 19, 2003

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 (Street) 7. In  
 175 Crossways Park West 5. If Amendment,  
 Date of Original  X   
 (Month/Day/Year) \_\_\_\_\_

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 (City) (State) (Zip) TABLE I - NON-DERIVATIVE SECURITIES ACQUIRED, DI  
 Woodbury New York 11797

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

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 Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.  
 \* If the form is filed by more than one reporting person, SEE Instruction 4(b)(v).

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 CONTROL NUMBER.

FORM 4 (CONTINUED)

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)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)
Options (right to buy)	\$42.27	03-17-03	Code V A	(A) 20,000

7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative	9. Number of Derivative	10. Ownership Form	11. Nature of Indirect
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Title	Amount or Number of Shares	ative Secur- ity (Instr. 5)	Securi- ties Bene- ficially Owned at End of Month (Instr. 4)	of De- rivative Secu- rity: Direct (D) or Indi- rect (I) (Instr. 4)	Bene- ficial Own- ership (Instr. 4)
Common Stock, no par value	20,000		120,000 See Note 1	D	

Explanation of Responses:

/s/ Ann Sa

\*\*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  
Ann Sardini

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

Note 1: Explanation of Responses: 1) Options for 100,000 shares were granted on April 29, 2002 th 20% on April 29, 2003; 20% on April 29, 2004; 20% on April 29, 2005; 20% on April 29, 200