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NUTRI SYST	TEM INC /DE/											
Form 4												
August 14, 20)06											
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION										OMB APPROVAL		
	UNITED	STATES				ND EXC D.C. 205		NGE (COMMISSION	OMB Number:	3235-0287	
Check this box if no longer subject to Section 16. Form 4 or				CHANGES IN BENEFICIAL OWNERS SECURITIES						Expires: Estimated a burden hou response	irs per	
Form 5 obligations may contin <i>See</i> Instruct 1(b).	s Section 17(a) of the		ility H	oldi	ing Com	ipany	Act o	ge Act of 1934, f 1935 or Sectio 40	·		
(Print or Type Re	esponses)											
			Symbol			Ficker or			5. Relationship of Reporting Person(s) to Issuer			
	NUTRI	SYST	EM	INC /D	E/ [N	TRI	(Check all applicable)					
(Mon				3. Date of Earliest Transaction (Month/Day/Year) 08/11/2006					Director 10% Owner X Officer (give titleX Other (specify below) below) Chief Executive Officer / Chairman of the Board			
			mendment, Date Original Month/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line)				
HORSHAM,	PA 19044		1 neu(won	ill/Day/1	car)				_X_ Form filed by	One Reporting Po More than One Ro		
(City)	(State)	Zip)	Table	e I - Noi	n-De	erivative S	Securi	ties Ac	quired, Disposed o	f, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution any		Code (Instr.	8)	4. Securi nAcquirec Disposec (Instr. 3, Amount	l (A) o l of (D 4 and (A) or)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
Common Shares, .001	08/11/2006			S <u>(1)</u>		5,000	D	\$ 52	1,673,715	D		

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.

 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. Transactio Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	7. Titl Amou Under Secur (Instr.	int of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owna Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

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Reporting Owners

Reporting Owner Name / Address	Relationships							
L O	Director	10% Owner	Officer	Other				
HAGAN MICHAEL J 300 WELSH ROAD BUILDING 1, SUITE 100 HORSHAM, PA 19044			Chief Executive Officer	Chairman of the Board				

Signatures

/s/ James D 08/14/2006 Brown

**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) Sale pursuant to 10(b)5-1

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.