

WEIGHT WATCHERS INTERNATIONAL INC  
 Form 4  
 August 17, 2007

**FORM 4**

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

OMB APPROVAL

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**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 \*  
**BARD JOHN F**

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)  
 11 MADISON AVENUE, 17TH FLOOR  
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)  
 08/16/2007

Director  10% Owner  
 Officer (give title below)  Other (specify below)

NEW YORK, NY 10010

(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 Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock	08/16/2007		M		454 A \$ 43.7	2,466	D
Common Stock	08/16/2007		S		454 D \$ 53.08	2,012	D
Common Stock	08/16/2007		M		246 A \$ 43.7	2,258	D
Common Stock	08/16/2007		S		246 D \$ 53.04	2,012	D
Common Stock	08/16/2007		M		100 A \$ 43.7	2,112	D

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Common Stock	08/16/2007	S	100	D	\$ 53.02	2,012	D	
Common Stock	08/16/2007	M	200	A	\$ 43.7	2,212	D	
Common Stock	08/16/2007	S	200	D	\$ 52.93	2,012	D	
Common Stock	08/16/2007	M	1,000	A	\$ 43.7	3,012	D	
Common Stock	08/16/2007	S	1,000	D	\$ 52.81	2,012	D	
Common Stock						3,266	I	by Trust (1)

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.**

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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)	Amount or Number of Shares
Non-Qualified Stock Option (right to buy)	\$ 43.7	08/16/2007		M	454	11/12/2003 11/12/2007	Common Stock	45
Non-Qualified Stock Option (right to buy)	\$ 43.7	08/16/2007		M	246	11/12/2003 11/12/2007	Common Stock	24
Non-Qualified Stock Option (right to buy)	\$ 43.7	08/16/2007		M	100	11/12/2003 11/12/2007	Common Stock	10
Non-Qualified Stock Option (right to buy)	\$ 43.7	08/16/2007		M	200	11/12/2003 11/12/2007	Common Stock	20

Non-Qualified Stock Option (right to buy)	\$ 43.7	08/16/2007		M	1,000	11/12/2003	11/12/2007	Common Stock	1,0
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## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
BARD JOHN F 11 MADISON AVENUE 17TH FLOOR NEW YORK, NY 10010		X		

## Signatures

John Bard	08/17/2007
<u>    </u> 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 name of the trust is the John F. Bard Trust.
- (2) The number of derivative securities stated in Column 9 does not reflect any other Non-Qualified Stock Option grants.

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.