NUTRI SYSTEM INC /DE/

Form 4

March 01, 2005

FORM 4

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

OMB 3235-0287 Number:

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

January 31, Expires: 2005 Estimated average

0.5

OMB APPROVAL

Form 4 or Form 5 obligations may continue.

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

2. Issuer Name and Ticker or Trading

burden hours per response...

5. Relationship of Reporting Person(s) to

See Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *

PERERO BRENDON		Symbol NUTRI SYSTEM INC /DE/ [NSI]					Issuer				
(I)						2/ [I 1k) <u>-</u>]	(Check all applicable)			
(Last)	(First)	(Middle)		f Earliest T	ransaction			Director	100	0	
202 WELSH ROAD				(Month/Day/Year) 02/28/2005				Director 10% Owner _X_ Officer (give title Other (specify below) Chief Information Officer			
(Street)			4. If Ame	4. If Amendment, Date Original				6. Individual or Joint/Group Filing(Check			
		Filed(Mo	Filed(Month/Day/Year)				Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting				
HORSHAM, PA 19044							Person				
(City)	(State) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned							ly Owned			
1.Title of Security (Instr. 3)	2. Transaction I (Month/Day/Ye	ear) Execution	med on Date, if Day/Year)	3. Transactic Code (Instr. 8)	4. Securities on (A) or Disp (Instr. 3, 4	posed o	of (D)	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)	
Common Shares, .001	02/28/2005			P	200,000	A	\$ 1	212,400	D		
Common Shares, .001	02/28/2005			P	20,097	A	\$ 0.45	232,497	D		
Common Shares, .001	02/28/2005			S	220,097	D	(1)	12,400	D		

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

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SEC 1474 (9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Titl Deriv Secur (Instr.	ative ity	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. 5. Number of TransactiorDerivative Code Securities (Instr. 8) 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 Securities (Instr. 3 and 4)		
					Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount Number Shares
Com Stock Option .001 (right buy)	k ons, it to	\$ 1	02/28/2005		M		200,000	10/07/2002	10/07/2009	Common Shares	200,00
Com Stock Option. .001 (right buy)	k ons, it to	\$ 0.45	02/28/2005		M		20,097	05/25/2004	05/25/2011	Common Shares	20,09

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

PERERO BRENDON 202 WELSH ROAD HORSHAM, PA 19044

Chief Information Officer

Signatures

James D Brown 03/01/2005

**Signature of 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).
- $(1) \quad 700 @\$5.51-30,000 @\$5.60-139,397 @\$5.70-3,000 @\$5.71-6,100 @\$5.75-10,000 @\$5.76-10,000 @\$5.763-2,800 @\$5.80-3,700 @\$5.864-10,000 @\$5.864-10,000 @\$5.764-10,000 @\$5.$

Reporting Owners 2

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(2) Options were granted pusuant to employee stock option plan. Options vest over three year vesting period from date of issuance. Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, <i>see</i> Instruction 6 for procedure.
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