

WEIGHT CONVERSIONS

| st | lb | kg | st | lb | kg | st | lb | kg | st | lb | kg | st | lb | kg | st | lb | kg | st | lb | kg | st | lb | kg | st | lb | kg | | | | | | |
|----|----|------|----|----|------|----|----|-------|----|----|-------|----|----|-------|----|----|-------|----|----|-------|----|----|-------|----|----|-------|----|----|-------|----|----|-------|
| 7 | 0 | 44.5 | 10 | 0 | 63.6 | 13 | 0 | 82.7 | 16 | 0 | 101.8 | 19 | 0 | 120.9 | 22 | 0 | 140.0 | 25 | 0 | 159.1 | 28 | 0 | 178.2 | 31 | 0 | 197.3 | 34 | 0 | 216.4 | 37 | 0 | 235.5 |
| 7 | 1 | 45.0 | 10 | 1 | 64.1 | 13 | 1 | 83.2 | 16 | 1 | 102.3 | 19 | 1 | 121.4 | 22 | 1 | 140.5 | 25 | 1 | 159.5 | 28 | 1 | 178.7 | 31 | 1 | 197.8 | 34 | 1 | 216.9 | 37 | 1 | 236.0 |
| 7 | 2 | 45.5 | 10 | 2 | 64.5 | 13 | 2 | 83.6 | 16 | 2 | 102.7 | 19 | 2 | 121.8 | 22 | 2 | 140.9 | 25 | 2 | 160.0 | 28 | 2 | 179.1 | 31 | 2 | 198.2 | 34 | 2 | 217.3 | 37 | 2 | 236.4 |
| 7 | 3 | 45.9 | 10 | 3 | 65.0 | 13 | 3 | 84.1 | 16 | 3 | 103.2 | 19 | 3 | 122.3 | 22 | 3 | 141.4 | 25 | 3 | 160.5 | 28 | 3 | 179.6 | 31 | 3 | 198.7 | 34 | 3 | 217.8 | 37 | 3 | 236.9 |
| 7 | 4 | 46.4 | 10 | 4 | 65.4 | 13 | 4 | 84.5 | 16 | 4 | 103.6 | 19 | 4 | 122.7 | 22 | 4 | 141.8 | 25 | 4 | 160.9 | 28 | 4 | 180.0 | 31 | 4 | 199.1 | 34 | 4 | 218.2 | 37 | 4 | 237.3 |
| 7 | 5 | 46.8 | 10 | 5 | 65.9 | 13 | 5 | 85.0 | 16 | 5 | 104.1 | 19 | 5 | 123.2 | 22 | 5 | 142.3 | 25 | 5 | 161.4 | 28 | 5 | 180.5 | 31 | 5 | 199.6 | 34 | 5 | 218.7 | 37 | 5 | 237.8 |
| 7 | 6 | 47.3 | 10 | 6 | 66.3 | 13 | 6 | 85.4 | 16 | 6 | 104.5 | 19 | 6 | 123.6 | 22 | 6 | 142.7 | 25 | 6 | 161.8 | 28 | 6 | 180.9 | 31 | 6 | 200.0 | 34 | 6 | 219.1 | 37 | 6 | 238.2 |
| 7 | 7 | 47.7 | 10 | 7 | 66.8 | 13 | 7 | 85.9 | 16 | 7 | 105.0 | 19 | 7 | 124.1 | 22 | 7 | 143.2 | 25 | 7 | 162.3 | 28 | 7 | 181.4 | 31 | 7 | 200.5 | 34 | 7 | 219.6 | 37 | 7 | 238.7 |
| 7 | 8 | 48.2 | 10 | 8 | 67.2 | 13 | 8 | 86.3 | 16 | 8 | 105.4 | 19 | 8 | 124.5 | 22 | 8 | 143.6 | 25 | 8 | 162.7 | 28 | 8 | 181.8 | 31 | 8 | 200.9 | 34 | 8 | 220.0 | 37 | 8 | 239.1 |
| 7 | 9 | 48.6 | 10 | 9 | 67.7 | 13 | 9 | 86.8 | 16 | 9 | 105.9 | 19 | 9 | 125.0 | 22 | 9 | 144.1 | 25 | 9 | 163.2 | 28 | 9 | 182.3 | 31 | 9 | 201.4 | 34 | 9 | 220.5 | 37 | 9 | 239.6 |
| 7 | 10 | 49.1 | 10 | 10 | 68.1 | 13 | 10 | 87.2 | 16 | 10 | 106.3 | 19 | 10 | 125.4 | 22 | 10 | 144.5 | 25 | 10 | 163.6 | 28 | 10 | 182.7 | 31 | 10 | 201.8 | 34 | 10 | 220.9 | 37 | 10 | 240.0 |
| 7 | 11 | 49.5 | 10 | 11 | 68.6 | 13 | 11 | 87.7 | 16 | 11 | 106.8 | 19 | 11 | 125.9 | 22 | 11 | 145.0 | 25 | 11 | 164.1 | 28 | 11 | 183.2 | 31 | 11 | 202.3 | 34 | 11 | 221.4 | 37 | 11 | 240.5 |
| 7 | 12 | 50.0 | 10 | 12 | 69.0 | 13 | 12 | 88.1 | 16 | 12 | 107.2 | 19 | 12 | 126.3 | 22 | 12 | 145.4 | 25 | 12 | 164.5 | 28 | 12 | 183.6 | 31 | 12 | 202.7 | 34 | 12 | 221.8 | 37 | 12 | 240.9 |
| 7 | 13 | 50.5 | 10 | 13 | 69.5 | 13 | 13 | 88.6 | 16 | 13 | 107.7 | 19 | 13 | 126.8 | 22 | 13 | 145.9 | 25 | 13 | 165.0 | 28 | 13 | 184.1 | 31 | 13 | 203.2 | 34 | 13 | 222.3 | 37 | 13 | 241.4 |
| 8 | 0 | 50.9 | 11 | 0 | 70.0 | 14 | 0 | 89.1 | 17 | 0 | 108.2 | 20 | 0 | 127.3 | 23 | 0 | 146.4 | 26 | 0 | 165.5 | 29 | 0 | 184.6 | 32 | 0 | 203.7 | 35 | 0 | 222.8 | 38 | 0 | 241.9 |
| 8 | 1 | 51.4 | 11 | 1 | 70.4 | 14 | 1 | 89.5 | 17 | 1 | 108.6 | 20 | 1 | 127.7 | 23 | 1 | 146.8 | 26 | 1 | 165.9 | 29 | 1 | 185.0 | 32 | 1 | 204.1 | 35 | 1 | 223.2 | 38 | 1 | 242.3 |
| 8 | 2 | 51.8 | 11 | 2 | 70.9 | 14 | 2 | 90.0 | 17 | 2 | 109.1 | 20 | 2 | 128.2 | 23 | 2 | 147.3 | 26 | 2 | 166.4 | 29 | 2 | 185.5 | 32 | 2 | 204.6 | 35 | 2 | 223.7 | 38 | 2 | 242.8 |
| 8 | 3 | 52.3 | 11 | 3 | 71.3 | 14 | 3 | 90.4 | 17 | 3 | 109.5 | 20 | 3 | 128.6 | 23 | 3 | 147.7 | 26 | 3 | 166.8 | 29 | 3 | 185.9 | 32 | 3 | 205.0 | 35 | 3 | 224.1 | 38 | 3 | 243.2 |
| 8 | 4 | 52.7 | 11 | 4 | 71.8 | 14 | 4 | 90.9 | 17 | 4 | 110.0 | 20 | 4 | 129.1 | 23 | 4 | 148.2 | 26 | 4 | 167.3 | 29 | 4 | 186.4 | 32 | 4 | 205.5 | 35 | 4 | 224.6 | 38 | 4 | 243.7 |
| 8 | 5 | 53.2 | 11 | 5 | 72.2 | 14 | 5 | 91.3 | 17 | 5 | 110.4 | 20 | 5 | 129.5 | 23 | 5 | 148.6 | 26 | 5 | 167.7 | 29 | 5 | 186.8 | 32 | 5 | 205.9 | 35 | 5 | 225.0 | 38 | 5 | 244.1 |
| 8 | 6 | 53.6 | 11 | 6 | 72.7 | 14 | 6 | 91.8 | 17 | 6 | 110.9 | 20 | 6 | 130.0 | 23 | 6 | 149.1 | 26 | 6 | 168.2 | 29 | 6 | 187.3 | 32 | 6 | 206.4 | 35 | 6 | 225.5 | 38 | 6 | 244.6 |
| 8 | 7 | 54.1 | 11 | 7 | 73.1 | 14 | 7 | 92.2 | 17 | 7 | 111.3 | 20 | 7 | 130.4 | 23 | 7 | 149.5 | 26 | 7 | 168.6 | 29 | 7 | 187.7 | 32 | 7 | 206.8 | 35 | 7 | 225.9 | 38 | 7 | 245.0 |
| 8 | 8 | 54.5 | 11 | 8 | 73.6 | 14 | 8 | 92.7 | 17 | 8 | 111.8 | 20 | 8 | 130.9 | 23 | 8 | 150.0 | 26 | 8 | 169.1 | 29 | 8 | 188.2 | 32 | 8 | 207.3 | 35 | 8 | 226.4 | 38 | 8 | 245.5 |
| 8 | 9 | 55.0 | 11 | 9 | 74.0 | 14 | 9 | 93.1 | 17 | 9 | 112.2 | 20 | 9 | 131.3 | 23 | 9 | 150.4 | 26 | 9 | 169.5 | 29 | 9 | 188.6 | 32 | 9 | 207.7 | 35 | 9 | 226.8 | 38 | 9 | 245.9 |
| 8 | 10 | 55.5 | 11 | 10 | 74.5 | 14 | 10 | 93.6 | 17 | 10 | 112.7 | 20 | 10 | 131.8 | 23 | 10 | 150.9 | 26 | 10 | 170.0 | 29 | 10 | 189.1 | 32 | 10 | 208.2 | 35 | 10 | 227.3 | 38 | 10 | 246.4 |
| 8 | 11 | 55.9 | 11 | 11 | 74.9 | 14 | 11 | 94.0 | 17 | 11 | 113.2 | 20 | 11 | 132.3 | 23 | 11 | 151.4 | 26 | 11 | 170.5 | 29 | 11 | 189.6 | 32 | 11 | 208.7 | 35 | 11 | 227.8 | 38 | 11 | 246.9 |
| 8 | 12 | 56.4 | 11 | 12 | 75.4 | 14 | 12 | 94.5 | 17 | 12 | 113.6 | 20 | 12 | 132.7 | 23 | 12 | 151.8 | 26 | 12 | 170.9 | 29 | 12 | 190.0 | 32 | 12 | 209.1 | 35 | 12 | 228.2 | 38 | 12 | 247.3 |
| 8 | 13 | 56.8 | 11 | 13 | 75.9 | 14 | 13 | 95.0 | 17 | 13 | 114.1 | 20 | 13 | 133.2 | 23 | 13 | 152.3 | 26 | 13 | 171.4 | 29 | 13 | 190.5 | 32 | 13 | 209.6 | 35 | 13 | 228.7 | 38 | 13 | 247.8 |
| 9 | 0 | 57.3 | 12 | 0 | 76.3 | 15 | 0 | 95.4 | 18 | 0 | 114.5 | 21 | 0 | 133.6 | 24 | 0 | 152.7 | 27 | 0 | 171.8 | 30 | 0 | 190.9 | 33 | 0 | 210.0 | 36 | 0 | 229.1 | 39 | 0 | 248.2 |
| 9 | 1 | 57.7 | 12 | 1 | 76.8 | 15 | 1 | 95.9 | 18 | 1 | 115.0 | 21 | 1 | 134.1 | 24 | 1 | 153.2 | 27 | 1 | 172.3 | 30 | 1 | 191.4 | 33 | 1 | 210.5 | 36 | 1 | 229.6 | 39 | 1 | 248.7 |
| 9 | 2 | 58.2 | 12 | 2 | 77.2 | 15 | 2 | 96.3 | 18 | 2 | 115.4 | 21 | 2 | 134.5 | 24 | 2 | 153.6 | 27 | 2 | 172.7 | 30 | 2 | 191.8 | 33 | 2 | 210.9 | 36 | 2 | 230.0 | 39 | 2 | 249.1 |
| 9 | 3 | 58.6 | 12 | 3 | 77.7 | 15 | 3 | 96.8 | 18 | 3 | 115.9 | 21 | 3 | 135.0 | 24 | 3 | 154.1 | 27 | 3 | 173.2 | 30 | 3 | 192.3 | 33 | 3 | 211.4 | 36 | 3 | 230.5 | 39 | 3 | 249.6 |
| 9 | 4 | 59.1 | 12 | 4 | 78.1 | 15 | 4 | 97.2 | 18 | 4 | 116.3 | 21 | 4 | 135.4 | 24 | 4 | 154.5 | 27 | 4 | 173.6 | 30 | 4 | 192.7 | 33 | 4 | 211.8 | 36 | 4 | 230.9 | 39 | 4 | 250.0 |
| 9 | 5 | 59.5 | 12 | 5 | 78.6 | 15 | 5 | 97.7 | 18 | 5 | 116.8 | 21 | 5 | 135.9 | 24 | 5 | 155.0 | 27 | 5 | 174.1 | 30 | 5 | 193.2 | 33 | 5 | 212.3 | 36 | 5 | 231.4 | 39 | 5 | 250.5 |
| 9 | 6 | 60.0 | 12 | 6 | 79.0 | 15 | 6 | 98.1 | 18 | 6 | 117.2 | 21 | 6 | 136.3 | 24 | 6 | 155.4 | 27 | 6 | 174.5 | 30 | 6 | 193.6 | 33 | 6 | 212.7 | 36 | 6 | 231.8 | 39 | 6 | 250.9 |
| 9 | 7 | 60.5 | 12 | 7 | 79.5 | 15 | 7 | 98.6 | 18 | 7 | 117.7 | 21 | 7 | 136.8 | 24 | 7 | 155.9 | 27 | 7 | 175.0 | 30 | 7 | 194.1 | 33 | 7 | 213.2 | 36 | 7 | 232.3 | 39 | 7 | 251.4 |
| 9 | 8 | 60.9 | 12 | 8 | 79.9 | 15 | 8 | 99.0 | 18 | 8 | 118.1 | 21 | 8 | 137.2 | 24 | 8 | 156.3 | 27 | 8 | 175.5 | 30 | 8 | 194.5 | 33 | 8 | 213.6 | 36 | 8 | 232.7 | 39 | 8 | 251.8 |
| 9 | 9 | 61.4 | 12 | 9 | 80.4 | 15 | 9 | 99.5 | 18 | 9 | 118.6 | 21 | 9 | 137.7 | 24 | 9 | 156.8 | 27 | 9 | 175.9 | 30 | 9 | 195.0 | 33 | 9 | 214.1 | 36 | 9 | 233.2 | 39 | 9 | 252.3 |
| 9 | 10 | 61.8 | 12 | 10 | 80.9 | 15 | 10 | 100.0 | 18 | 10 | 119.1 | 21 | 10 | 138.2 | 24 | 10 | 157.3 | 27 | 10 | 176.4 | 30 | 10 | 195.5 | 33 | 10 | 214.6 | 36 | 10 | 233.7 | 39 | 10 | 252.8 |
| 9 | 11 | 62.3 | 12 | 11 | 81.3 | 15 | 11 | 100.4 | 18 | 11 | 119.5 | 21 | 11 | 138.6 | 24 | 11 | 157.7 | 27 | 11 | 176.8 | 30 | 11 | 195.9 | 33 | 11 | 215.0 | 36 | 11 | 234.1 | 39 | 11 | 253.2 |
| 9 | 12 | 62.7 | 12 | 12 | 81.8 | 15 | 12 | 100.9 | 18 | 12 | 120.0 | 21 | 12 | 139.1 | 24 | 12 | 158.2 | 27 | 12 | 177.3 | 30 | 12 | 196.4 | 33 | 12 | 215.5 | 36 | 12 | 234.6 | 39 | 12 | 253.7 |
| 9 | 13 | 63.2 | 12 | 13 | 82.2 | 15 | 13 | 101.3 | 18 | 13 | 120.4 | 21 | 13 | 139.5 | 24 | 13 | 158.6 | 27 | 13 | 177.7 | 30 | 13 | 196.8 | 33 | 13 | 215.9 | 36 | 13 | 235.0 | 39 | 13 | 254.1 |

HEIGHT CONVERSIONS

| ft | inches | metres | ft | inches | metres | ft | inches | metres |
|----|--------|--------|----|--------|--------|----|--------|--------|
| 4 | 0 | 1.22 | 5 | 0 | 1.52 | 6 | 0 | 1.82 |
| 4 | 1 | 1.25 | 5 | 1 | 1.55 | 6 | 1 | 1.85 |
| 4 | 2 | 1.27 | 5 | 2 | 1.57 | 6 | 2 | 1.87 |
| 4 | 3 | 1.30 | 5 | 3 | 1.60 | 6 | 3 | 1.90 |
| 4 | 4 | 1.32 | 5 | 4 | 1.62 | 6 | 4 | 1.92 |
| 4 | 5 | 1.35 | 5 | 5 | 1.65 | 6 | 5 | 1.95 |
| 4 | 6 | 1.37 | 5 | 6 | 1.67 | 6 | 6 | 1.97 |
| 4 | 7 | 1.40 | 5 | 7 | 1.70 | 6 | 7 | 2.00 |
| 4 | 8 | 1.42 | 5 | 8 | 1.72 | 6 | 8 | 2.02 |
| 4 | 9 | 1.45 | 5 | 9 | 1.75 | 6 | 9 | 2.05 |
| 4 | 10 | 1.47 | 5 | 10 | 1.77 | 6 | 10 | 2.07 |
| 4 | 11 | 1.50 | 5 | 11 | 1.80 | 6 | 11 | 2.10 |

KG TO LBS CONVERSIONS

| kgs | lbs |
|-----|------|
| 1 | 2.2 |
| 2 | 4.4 |
| 3 | 6.6 |
| 4 | 8.8 |
| 5 | 11 |
| 6 | 13.2 |
| 7 | 15.4 |
| 8 | 17.6 |
| 9 | 19.8 |
| 10 | 22.0 |

ADDITIONAL CONVERSIONS

| | |
|-------------|--------|
| 1 oz | 28.3g |
| 1 lb | 454g |
| 1 stone | 14lbs |
| 1 stone | 6.35kg |
| 1 inch | 2.54cm |
| 39.4 inches | 1 m |
| 1 pint | 568ml |

| Start Weight | 5% | Goal Weight | Start Weight | 5% | Goal Weight | Start Weight | 5% | Goal Weight | Start Weight | 5% | Goal Weight | Start Weight | 5% | Goal Weight |
|--------------|-----|-------------|--------------|-----|-------------|--------------|-----|-------------|--------------|------|-------------|--------------|------|-------------|
| 50 | 2.5 | 47.5 | 90 | 4.5 | 85.5 | 130 | 6.5 | 123.5 | 170 | 8.5 | 161.5 | 210 | 10.5 | 199.5 |
| 51 | 2.6 | 48.4 | 91 | 4.6 | 86.4 | 131 | 6.6 | 124.4 | 171 | 8.6 | 162.4 | 211 | 10.6 | 200.4 |
| 52 | 2.6 | 49.4 | 92 | 4.6 | 87.4 | 132 | 6.6 | 125.4 | 172 | 8.6 | 163.4 | 212 | 10.6 | 201.4 |
| 53 | 2.7 | 50.3 | 93 | 4.7 | 88.3 | 133 | 6.7 | 126.3 | 173 | 8.7 | 164.3 | 213 | 10.7 | 202.3 |
| 54 | 2.7 | 51.3 | 94 | 4.7 | 89.3 | 134 | 6.7 | 127.3 | 174 | 8.7 | 165.3 | 214 | 10.7 | 203.3 |
| 55 | 2.8 | 52.2 | 95 | 4.8 | 90.2 | 135 | 6.8 | 128.2 | 175 | 8.8 | 166.2 | 215 | 10.8 | 204.2 |
| 56 | 2.8 | 53.2 | 96 | 4.8 | 91.2 | 136 | 6.8 | 129.2 | 176 | 8.8 | 167.2 | 216 | 10.8 | 205.2 |
| 57 | 2.9 | 54.1 | 97 | 4.9 | 92.1 | 137 | 6.9 | 130.1 | 177 | 8.9 | 168.1 | 217 | 10.9 | 206.1 |
| 58 | 2.9 | 55.1 | 98 | 4.9 | 93.1 | 138 | 6.9 | 131.1 | 178 | 8.9 | 169.1 | 218 | 10.9 | 207.1 |
| 59 | 3.0 | 56.0 | 99 | 5.0 | 94.0 | 139 | 7.0 | 132.0 | 179 | 9.0 | 170.0 | 219 | 11.0 | 208.0 |
| 60 | 3.0 | 57.0 | 100 | 5.0 | 95.0 | 140 | 7.0 | 133.0 | 180 | 9.0 | 171.0 | 220 | 11.0 | 209.0 |
| 61 | 3.1 | 57.9 | 101 | 5.1 | 95.9 | 141 | 7.1 | 133.9 | 181 | 9.1 | 171.9 | 221 | 11.1 | 209.9 |
| 62 | 3.1 | 58.9 | 102 | 5.1 | 96.9 | 142 | 7.1 | 134.9 | 182 | 9.1 | 172.9 | 222 | 11.1 | 210.9 |
| 63 | 3.2 | 59.8 | 103 | 5.2 | 97.8 | 143 | 7.2 | 135.8 | 183 | 9.2 | 173.8 | 223 | 11.2 | 211.8 |
| 64 | 3.2 | 60.8 | 104 | 5.2 | 98.8 | 144 | 7.2 | 136.8 | 184 | 9.2 | 174.8 | 224 | 11.2 | 212.8 |
| 65 | 3.2 | 61.8 | 105 | 5.3 | 99.7 | 145 | 7.3 | 137.7 | 185 | 9.3 | 175.7 | 225 | 11.3 | 213.7 |
| 66 | 3.3 | 62.7 | 106 | 5.3 | 100.7 | 146 | 7.3 | 138.7 | 186 | 9.3 | 176.7 | 226 | 11.3 | 214.7 |
| 67 | 3.4 | 63.6 | 107 | 5.4 | 101.6 | 147 | 7.4 | 139.6 | 187 | 9.4 | 177.6 | 227 | 11.4 | 215.6 |
| 68 | 3.4 | 64.6 | 108 | 5.4 | 102.6 | 148 | 7.4 | 140.6 | 188 | 9.4 | 178.6 | 228 | 11.4 | 216.6 |
| 69 | 3.5 | 65.5 | 109 | 5.5 | 103.5 | 149 | 7.5 | 141.5 | 189 | 9.5 | 179.5 | 229 | 11.5 | 217.5 |
| 70 | 3.5 | 66.5 | 110 | 5.5 | 104.5 | 150 | 7.5 | 142.5 | 190 | 9.5 | 180.5 | 230 | 11.5 | 218.5 |
| 71 | 3.6 | 67.4 | 111 | 5.6 | 105.4 | 151 | 7.6 | 143.4 | 191 | 9.6 | 181.4 | 231 | 11.6 | 219.4 |
| 72 | 3.6 | 68.4 | 112 | 5.6 | 106.4 | 152 | 7.6 | 144.4 | 192 | 9.6 | 182.4 | 232 | 11.6 | 220.4 |
| 73 | 3.7 | 69.3 | 113 | 5.7 | 107.3 | 153 | 7.7 | 145.3 | 193 | 9.7 | 183.3 | 233 | 11.7 | 221.3 |
| 74 | 3.7 | 70.3 | 114 | 5.7 | 108.3 | 154 | 7.7 | 146.3 | 194 | 9.7 | 184.3 | 234 | 11.7 | 222.3 |
| 75 | 3.8 | 71.2 | 115 | 5.8 | 109.2 | 155 | 7.8 | 147.2 | 195 | 9.8 | 185.2 | 235 | 11.8 | 223.2 |
| 76 | 3.8 | 72.2 | 116 | 5.8 | 110.2 | 156 | 7.8 | 148.2 | 196 | 9.8 | 186.2 | 236 | 11.8 | 224.2 |
| 77 | 3.9 | 73.1 | 117 | 5.9 | 111.1 | 157 | 7.9 | 149.1 | 197 | 9.9 | 187.1 | 237 | 11.9 | 225.1 |
| 78 | 3.9 | 74.1 | 118 | 5.9 | 112.1 | 158 | 7.9 | 150.1 | 198 | 9.9 | 188.1 | 238 | 11.9 | 226.1 |
| 79 | 4.0 | 75.0 | 119 | 6.0 | 113.0 | 159 | 8.0 | 151.0 | 199 | 10.0 | 189.0 | 239 | 12.0 | 227.0 |
| 80 | 4.0 | 76.0 | 120 | 6.0 | 114.0 | 160 | 8.0 | 152.0 | 200 | 10.0 | 190.0 | 240 | 12.0 | 228.0 |
| 81 | 4.1 | 76.9 | 121 | 6.1 | 114.9 | 161 | 8.1 | 152.9 | 201 | 10.1 | 190.9 | 241 | 12.1 | 228.9 |
| 82 | 4.1 | 77.9 | 122 | 6.1 | 115.9 | 162 | 8.1 | 153.9 | 202 | 10.1 | 191.9 | 242 | 12.1 | 229.9 |
| 83 | 4.2 | 78.8 | 123 | 6.2 | 116.8 | 163 | 8.2 | 154.8 | 203 | 10.2 | 192.8 | 243 | 12.2 | 230.8 |
| 84 | 4.2 | 79.8 | 124 | 6.2 | 117.8 | 164 | 8.2 | 155.8 | 204 | 10.2 | 193.8 | 244 | 12.2 | 232.8 |
| 85 | 4.3 | 80.7 | 125 | 6.3 | 118.7 | 165 | 8.3 | 156.7 | 205 | 10.3 | 194.7 | 245 | 12.3 | 232.7 |
| 86 | 4.3 | 81.7 | 126 | 6.3 | 119.7 | 166 | 8.3 | 157.7 | 206 | 10.3 | 195.7 | 246 | 12.3 | 233.7 |
| 87 | 4.4 | 82.6 | 127 | 6.4 | 120.6 | 167 | 8.4 | 158.6 | 207 | 10.4 | 196.6 | 247 | 12.4 | 234.6 |
| 88 | 4.4 | 83.6 | 128 | 6.4 | 121.6 | 168 | 8.4 | 159.6 | 208 | 10.4 | 197.6 | 248 | 12.4 | 235.6 |
| 89 | 4.5 | 84.5 | 129 | 6.5 | 122.5 | 169 | 8.5 | 160.5 | 209 | 10.5 | 198.5 | 249 | 12.5 | 236.5 |

| Start Weight | 10% | Goal Weight | Start Weight | 10% | Goal Weight | Start Weight | 10% | Goal Weight | Start Weight | 10% | Goal Weight | Start Weight | 10% | Goal Weight |
|--------------|-----|-------------|--------------|------|-------------|--------------|------|-------------|--------------|------|-------------|--------------|------|-------------|
| 50 | 5.0 | 45 | 90 | 9.0 | 81.0 | 130 | 13.0 | 117.0 | 170 | 17.0 | 153.0 | 210 | 21.0 | 189.0 |
| 51 | 5.1 | 45.9 | 91 | 9.1 | 81.9 | 131 | 13.1 | 117.9 | 171 | 17.1 | 153.9 | 211 | 21.1 | 189.9 |
| 52 | 5.2 | 46.8 | 92 | 9.2 | 82.8 | 132 | 13.2 | 118.8 | 172 | 17.2 | 154.8 | 212 | 21.2 | 190.8 |
| 53 | 5.3 | 47.7 | 93 | 9.3 | 83.7 | 133 | 13.3 | 119.7 | 173 | 17.3 | 155.7 | 213 | 21.3 | 191.7 |
| 54 | 5.4 | 48.6 | 94 | 9.4 | 84.6 | 134 | 13.4 | 120.6 | 174 | 17.4 | 156.6 | 214 | 21.4 | 192.6 |
| 55 | 5.5 | 49.5 | 95 | 9.5 | 85.5 | 135 | 13.5 | 121.5 | 175 | 17.5 | 157.5 | 215 | 21.5 | 193.5 |
| 56 | 5.6 | 50.4 | 96 | 9.6 | 86.4 | 136 | 13.6 | 122.4 | 176 | 17.6 | 158.4 | 216 | 21.6 | 194.4 |
| 57 | 5.7 | 51.3 | 97 | 9.7 | 87.3 | 137 | 13.7 | 123.3 | 177 | 17.7 | 159.3 | 217 | 21.7 | 195.3 |
| 58 | 5.8 | 52.2 | 98 | 9.8 | 88.2 | 138 | 13.8 | 124.2 | 178 | 17.8 | 160.2 | 218 | 21.8 | 196.2 |
| 59 | 5.9 | 53.1 | 99 | 9.9 | 89.1 | 139 | 13.9 | 125.1 | 179 | 17.9 | 161.1 | 219 | 21.9 | 197.1 |
| 60 | 6.0 | 54 | 100 | 10.0 | 90.0 | 140 | 14.0 | 126.0 | 180 | 18.0 | 162.0 | 220 | 22.0 | 198.0 |
| 61 | 6.1 | 54.9 | 101 | 10.1 | 90.9 | 141 | 14.1 | 126.9 | 181 | 18.1 | 162.9 | 221 | 22.1 | 198.9 |
| 62 | 6.2 | 55.8 | 102 | 10.2 | 91.8 | 142 | 14.2 | 127.8 | 182 | 18.2 | 163.8 | 222 | 22.2 | 199.8 |
| 63 | 6.3 | 56.7 | 103 | 10.3 | 92.7 | 143 | 14.3 | 128.7 | 183 | 18.3 | 164.7 | 223 | 22.3 | 200.7 |
| 64 | 6.4 | 57.6 | 104 | 10.4 | 93.6 | 144 | 14.4 | 129.6 | 184 | 18.4 | 165.6 | 224 | 22.4 | 201.6 |
| 65 | 6.5 | 58.5 | 105 | 10.5 | 94.5 | 145 | 14.5 | 130.5 | 185 | 18.5 | 166.5 | 225 | 22.5 | 202.5 |
| 66 | 6.6 | 59.4 | 106 | 10.6 | 95.4 | 146 | 14.6 | 131.4 | 186 | 18.6 | 167.4 | 226 | 22.6 | 203.4 |
| 67 | 6.7 | 60.3 | 107 | 10.7 | 96.3 | 147 | 14.7 | 132.3 | 187 | 18.7 | 168.3 | 227 | 22.7 | 204.3 |
| 68 | 6.8 | 61.2 | 108 | 10.8 | 97.2 | 148 | 14.8 | 133.2 | 188 | 18.8 | 169.2 | 228 | 22.8 | 205.2 |
| 69 | 6.9 | 62.1 | 109 | 10.9 | 98.1 | 149 | 14.9 | 134.1 | 189 | 18.9 | 170.1 | 229 | 22.9 | 206.1 |
| 70 | 7.0 | 63.0 | 110 | 11.0 | 99.0 | 150 | 15.0 | 135.0 | 190 | 19.0 | 171.0 | 230 | 23.0 | 207.0 |
| 71 | 7.1 | 63.9 | 111 | 11.1 | 99.9 | 151 | 15.1 | 135.9 | 191 | 19.1 | 171.9 | 231 | 23.1 | 207.9 |
| 72 | 7.2 | 64.8 | 112 | 11.2 | 100.8 | 152 | 15.2 | 136.8 | 192 | 19.2 | 172.8 | 232 | 23.2 | 208.8 |
| 73 | 7.3 | 65.7 | 113 | 11.3 | 101.7 | 153 | 15.3 | 137.7 | 193 | 19.3 | 173.7 | 233 | 23.3 | 209.7 |
| 74 | 7.4 | 66.6 | 114 | 11.4 | 102.6 | 154 | 15.4 | 138.6 | 194 | 19.4 | 174.6 | 234 | 23.4 | 210.6 |
| 75 | 7.5 | 67.5 | 115 | 11.5 | 103.5 | 155 | 15.5 | 139.5 | 195 | 19.5 | 175.5 | 235 | 23.5 | 211.5 |
| 76 | 7.6 | 68.4 | 116 | 11.6 | 104.4 | 156 | 15.6 | 140.4 | 196 | 19.6 | 176.4 | 236 | 23.6 | 212.4 |
| 77 | 7.7 | 69.3 | 117 | 11.7 | 105.3 | 157 | 15.7 | 141.3 | 197 | 19.7 | 177.3 | 237 | 23.7 | 213.3 |
| 78 | 7.8 | 70.2 | 118 | 11.8 | 106.2 | 158 | 15.8 | 142.2 | 198 | 19.8 | 178.2 | 238 | 23.8 | 214.2 |
| 79 | 7.9 | 71.1 | 119 | 11.9 | 107.1 | 159 | 15.9 | 143.1 | 199 | 19.9 | 179.1 | 239 | 23.9 | 215.1 |
| 80 | 8.0 | 72.0 | 120 | 12.0 | 108.0 | 160 | 16.0 | 144.0 | 200 | 20.0 | 180.0 | 240 | 24.0 | 216.0 |
| 81 | 8.1 | 72.9 | 121 | 12.1 | 108.9 | 161 | 16.1 | 144.9 | 201 | 20.1 | 180.9 | 241 | 24.1 | 216.9 |
| 82 | 8.2 | 73.8 | 122 | 12.2 | 109.8 | 162 | 16.2 | 145.8 | 202 | 20.2 | 181.8 | 242 | 24.2 | 217.8 |
| 83 | 8.3 | 74.7 | 123 | 12.3 | 110.7 | 163 | 16.3 | 146.7 | 203 | 20.3 | 182.7 | 243 | 24.3 | 218.7 |
| 84 | 8.4 | 75.6 | 124 | 12.4 | 111.6 | 164 | 16.4 | 147.6 | 204 | 20.4 | 183.6 | 244 | 24.4 | 219.6 |
| 85 | 8.5 | 76.5 | 125 | 12.5 | 112.5 | 165 | 16.5 | 148.5 | 205 | 20.5 | 184.5 | 245 | 24.5 | 220.5 |
| 86 | 8.6 | 77.4 | 126 | 12.6 | 113.4 | 166 | 16.6 | 149.4 | 206 | 20.6 | 185.4 | 246 | 24.6 | 221.4 |
| 87 | 8.7 | 78.3 | 127 | 12.7 | 114.3 | 167 | 16.7 | 150.3 | 207 | 20.7 | 186.3 | 247 | 24.7 | 222.3 |
| 88 | 8.8 | 79.2 | 128 | 12.8 | 115.2 | 168 | 16.8 | 151.2 | 208 | 20.8 | 187.2 | 248 | 24.8 | 223.2 |
| 89 | 8.9 | 80.1 | 129 | 12.9 | 116.1 | 169 | 16.9 | 152.1 | 209 | 20.9 | 188.1 | 249 | 24.9 | 224.1 |