

| 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       |