

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