

Make every contact count... with a healthy conversation about weight!

Choose To Lose... and keep weight off for good! Practitioners Pack – A quick reference guide

Everyone, from healthcare professionals to volunteers, has a part to play in promoting good health and helping patients adopt and maintain healthy lifestyle choices.

This pack offers suggestions on how to start a conversation about weight with your patient, relevant to the condition they present with. It provides prompts and practical advice, signposting to Choose To Lose worksheets, local services, resources and websites to support you and your patient through their weight management journey.

Positive relevant conversations with patients about their weight can support successful attempts to losing weight. The good news is, you don't need to be an expert in weight management to start a brief conversation. Even a short chat of around 2 to 3 minutes can support a person to start thinking about positive lifestyle changes.

**Engage, inspire and support your patients to make healthier lifestyle choices
to manage and maintain a healthier weight.**



Here are some facts... about obesity

2 IN 3
adults are
overweight
or obese.

**13 DIFFERENT
TYPES OF CANCER**
are linked to
overweight
and obesity.

**It's
widespread**

Obesity is the
**main modifiable
risk factor for
type 2 diabetes.**

A large proportion
of adult obese
population do not
identify themselves
as obese or even very
overweight.

Annual costs
to NHS in Scotland
of overweight and
obesity are up to
£600 MILLION.

It is estimated
that the direct
NHS Scotland
costs of obesity
will almost double
BY 2030.

**It's
costly**

Evidence shows
there are
higher levels of
obesity in areas of
high deprivation.

Creating health
promoting
environments and
communities
encourage people
to make healthier
choices.

**REGULAR PHYSICAL
ACTIVITY** (45-60 mins
each day) can help
you manage your
weight.

Average healthcare costs
for people with a body
mass index (BMI) of 40
(severe obesity) are
estimated to be at least
twice those for people
with a BMI of 20 (within
normal weight range).

Small weight
loss brings
**BIG health
benefits.**

We live in an obesogenic
environment and as a
nation our diets tend
to be too high in
calories, fats,
sugars and salt.



Know the benefits... of losing weight

If you're overweight or obese, losing even a small amount (5%) of your weight and keeping it off, can help reduce your risk of developing some potentially serious health problems. Especially encouraging is the fact that you don't have to lose a lot of weight to start feeling fitter and healthier. Even losing 5% to 10% of your starting weight can lead to significant health benefits. To help you calculate this, refer to the table at the back of this guide.

Losing 5 - 10% of weight at a rate of around 1-2lbs (0.5 - 1kg) per week will improve your overall health, this is a great starting goal.

Benefits of 5 - 10% Weight Loss



Health Benefits

Reduces blood pressure

Improves cholesterol levels

Reduces risk of type 2 diabetes
and improves long term control

Reduces risk of developing
certain types of cancer

Improves arthritis

More energy and sleep better

Improves mobility

Feel fitter and healthier

Fit into different clothes

Do more with the family

Personal Benefits

Posters can be printed to display in consulting rooms or patient waiting areas or can be used as a handout.
Download the poster go to: www.nhsforthvalley.com/weight and scroll down to the **Self-Monitoring Tools**.

More about the risks... of gaining weight

Day to day problems associated with obesity:

- Breathlessness
- Increased sweating
- Difficulty sleeping and snoring
- Painful back and joints
- Low self esteem, depression and lack of confidence
- Difficulty doing physical activity
- Feeling tired, lacking energy, easily exhausted
- Feeling isolated
- Skin irritations particularly in areas where skin rubs together

Being overweight or obese can increase our risk of developing many serious health conditions, including:

- Type 2 Diabetes
- Heart disease, stroke and high blood pressure
- Certain cancers including bowel, breast and womb cancer
- Pregnancy complications, such as gestational diabetes or pre-eclampsia (when a woman experiences a potentially dangerous rise in blood pressure during pregnancy)



www.nhsforthvalley.com/weight

Benefits to Losing Weight

Losing a small amount of weight and keeping it off, can make a big difference to your long term health. Evidence shows that losing even a modest 5% - 10% of your initial body weight (that's around 5-10kg (11-22lbs) depending on your starting weight) is a realistic target weight to set. Individuals losing this amount of weight and managing to keep it off, will soon start to feel the benefits.

 Reduces blood pressure	 Improves arthritis, mobility and less joint pain
 Reduces risk of heart disease and stroke	 Sleep better
 Reduces risk of type 2 diabetes and improves long term control	 Feel happier, fitter and healthier
 Reduces risk of developing certain cancers <i>such as gall bladder, prostate, kidney, breast and colon</i>	 Have more energy
 Improves cholesterol levels	 Improves self esteem, mood and more confidence

It is estimated that over 500,000 people, in Scotland, are at high risk of developing type 2 diabetes.

Posters can be printed to display in consulting rooms or patient waiting areas or can be used as a handout. Download the poster go to: www.nhsforthvalley.com/weight and scroll down to the **Self-Monitoring Tools**.

Practise your skills....

Use positive, plain language and active listening skills

Research suggests that people become more motivated to lose weight if advised to do so by a health professional.

- Many people are unaware of the extent of their weight problems and how it can have a harmful effect on their overall health, wellbeing and everyday living. Not all overweight individuals recognize that their weight is high, which is a concerning fact as our population continues to grow in size.
- Raising the issue of weight can be difficult and health practitioners have expressed concerns that they have a limited understanding about obesity care and not enough time to support their patient. They may also be concerned that it might affect their relationship with their patient.
- Some practitioners worry about raising the issue of weight if their own weight is higher. In this case, try to use open questions in a positive way, keep the focus on the patient and their needs and make sure the conversation is all about them rather than the health practitioner.
- Try to keep language positive throughout the conversation and avoid using negative words such as 'fat', 'obese', 'overweight', 'heavy', 'chubby' or 'plump'. Avoid using phrases such as 'you can't', 'you must', 'have to' and 'don't'.
- Use effective verbal and non verbal listening skills such as nodding your head, maintaining eye contact and including phrases such as 'yes', 'go on' to demonstrate your full attention to the patient.

It is a good starting point to offer brief verbal or written advice on the **health risks of being overweight** and the **benefits of losing** a small amount of weight.

(See some examples of conversation starters on the next page.)

Remember to explore with your patient how they can increase their activity

When talking about weight it's a good idea to focus on the patient's overall health or relate their weight to a specific health problem they have.

I can see from the way you're walking today that you're getting a lot of pain from your knee. From research we know that our weight can have an effect on our joints such as our knees - tell me a bit about how your weight has been going?

Getting started... are you and your team ready?

At an appropriate opportunity, start a positive, supportive conversation with your patient.

Here are a few pointers to get you started:

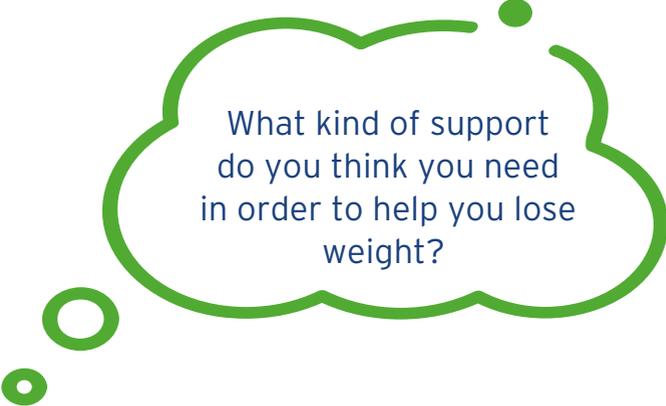
- Maintaining a healthy weight can positively benefit many clinical conditions. Make it a priority during a consultation to discuss the health benefits associated with modest weight loss.
- When talking about weight, try to keep the focus on health. Open the discussion about weight in a respectful and non-judgmental way. If the patient feels respected, this will help them become more relaxed, resulting in more constructive communication.
- Talking about weight can be a difficult and sensitive issue, so it's important to establish a good rapport with your patient - this will help the patient feel relaxed and at ease.
- Maintaining a healthy weight is challenging and it can be frustrating that, as health professionals, we don't have a quick fix or one single answer. It is helpful if we respect our patients' perspective and express empathy.
- It's always a good idea, early on in the conversation, to ask for permission to talk about weight.



Before you leave today could I check your weight?



Would it be okay to ask about your weight?



What kind of support do you think you need in order to help you lose weight?

So now your ready... what should you ASK?

Here are some 'conversation starters'

Use open questions to start a discussion with your patient around their weight.



Ask open questions

How do you think your weight is affecting your health?

How do you feel your weight is contributing to your painful knees?

What do you already know about weight and blood pressure?

What do you understand about your weight and how it affects your breathing?

Tell me a little bit more about how your weight is doing at the moment...

"I see you are quite breathless, and although some of this is linked to your heart condition we know that when you carry extra weight it can make us more breathless"



Offer support via information giving statements

"Weight is a measure of our health and when our weight increases it can affect our health"

"Carrying excess weight around is not good for our health. Our bodies have to work much harder and it can get very tiring"



Remember to listen closely to your patients' story



Practice these conversation starters' with your colleagues



Plan the time you have available to talk about weight

So what next... Assess your patients motivation and readiness to change

It's important to assess whether your patient feels ready to engage and to start making progress on their weight loss journey. Assessing readiness to change may not be easy, as individuals' motivation levels can change depending on what's happening in their lives.

A good starting point is to use **"Are you committed and ready to lose weight?"** (see opposite) or page 3 of the **Choose to Lose Workbook** - it can help assess whether or not now is the right time for your patient to start making useful changes. It is good to ask the patient about previous weight loss attempts and **what were the most and least successful attempts and why.**

What if my patient is not ready to change?

Some patients will be clear, right from the start, that they are not ready to begin thinking about losing weight or making lifestyle changes. Possibly because other things are happening in their life at this time or they may not be ready to make changes. If the patient doesn't express interest in losing weight at this stage, they are unlikely to benefit from further input or questioning. Try not to force the issue, close the conversation on a positive note. Offer the patient support and reassure them that they can come back at any time to have their weight checked or for further advice.

Signpost individuals onto the Choose To Lose Website - www.nhsforthvalley.com/weight and offer them a Choose To Lose Business Card as a reminder of the web address.



www.nhsforthvalley.com/weight



Are you committed and ready to lose weight?

This worksheet can help you see if you are ready to start managing your weight right now.

Self-Rate Importance: Try scoring yourself on the scale below:

On a scale of 0 – 10, how **important** is it for you to make changes to lose weight?



My importance rating is _____

Importance Score	What does this mean?
8 - 10	You're likely to be ready to get started or may have already started to make some changes.
6 - 7	You feel it is important to make changes but other issues in your life may be equally important. It's ok to have these feelings. Remind yourself of the good things that will happen if you lose weight.
4 - 5	This may not be the right time for you to begin focusing on your weight. Other issues in your life may be taking priority.
0 - 3	You may not feel this is the right time to start thinking about losing weight. Give yourself a little time then re-take this test at a later date to see if things have changed. You need to be in the right frame of mind to have any success!

Self-Rate Confidence: Try scoring yourself on the scale below:

On a scale of 0 – 10, how **confident** are you that you can make changes to your lifestyle, diet and physical activity levels to lose weight?



My confidence rating is _____

Confidence Score	What does this mean?
5 - 10	If your score is 5 or more, that's great, you're ready to get started losing weight! Use these worksheets and go to the 'Choose to Lose' website to get further help and support on making healthier lifestyle changes.
0 - 4	If your score is 4 or less, you may not be feeling confident at this point in time, however losing weight may still be important to you. If you start to work your way through this workbook and visit our 'Choose to Lose' website you will get practical tips, advice and support on losing weight. You may find your confidence grows as you work through the Choose To Lose web pages and start to plan changes. If you're not confident and don't feel losing weight is important, now may not be the right time for you. Give yourself some time and re-take this test at a later date to see if things have changed.

Use a person centred approach

Benefits versus Barriers

Use a personal approach and support your patient to highlight their benefits, explore their barriers and identify their personal solutions.

Another useful tool is to ask your patient to identify how they will benefit from losing weight and what are the barriers that would get in the way. Facing our challenges and understanding personal benefits keeps us motivated and on track.

Use **Benefits versus Barriers** (see opposite) or page 4 of the **Choose to Lose Workbook** with your patient. Identifying personal benefits and barriers towards making lifestyle changes can be a useful way to build and develop an open and trusting relationship.

It also encourages individuals to problem solve around personal barriers.

To achieve long-term weight loss, encourage your patient to make small sustainable changes to their usual eating and activity habits.

Remember to record your conversation in the patients notes to support follow up.

- **Raised issue of weight and physical activity levels.**
- **Patient was happy to discuss further and seemed ready to make changes**
OR patient not ready to discuss their weight today.
- **Please follow up this discussion at next appointment.**
- **Weighed the patient - Remember to record patients weight = XX Kg**



www.nhsforthvalley.com/weight



Are you ready to make long term lifestyle changes?

Benefits versus Barriers

You may already have an idea of what changes you need to make to lose weight. To be ready to make any change, it's a good idea to start to think through the benefits and barriers to losing weight.

Start to think about your individual benefits and barriers to losing weight, this will make your plan more personal and will also help you stick to your plan in times of temptation or stress. You are more likely to succeed with losing weight if the benefits are more important to you!

Benefits	Barriers
Good things that will happen if I lose weight	Things that may get in the way of me losing weight
<i>Eg. I would have more energy and feel better</i>	<i>Eg. I hate exercising</i>

Where now?... signposting and further learning



Choose To Lose - Website - For further information and support on losing weight visit - Choose To Lose Website, it's a great starting point for anyone looking for practical advice and support in losing weight. It has a range of downloadable worksheets and resources that can help individuals self monitor and manage their own progress, there are also links to local exercise groups and mobile apps to help track progress on the go.

www.nhsforthvalley.com/weight

Choose To Lose - Business Cards - These cards can be displayed in patient waiting areas, in consulting rooms and given to the patient following a discussion around their weight.

[These cards can be ordered via hpac.nhsforthvalley.com](http://hpac.nhsforthvalley.com)

Choose To Lose - Self Monitoring Workbooks - This self monitoring workbook is a great resource that can support individuals throughout their weight loss journey and it can help them stay focused and on track. The worksheets can be used along with the Choose To Lose website to help individuals plan and record healthy lifestyle changes and it encourages individuals to self manage and record their own progress, which can result in better outcomes for the patient.

[These workbooks can be ordered via hpac.nhsforthvalley.com](http://hpac.nhsforthvalley.com) or individual worksheets can be downloaded from the Choose To Lose website.

Health Improvement Resource Service (HIRS) - Provides people who work in Forth Valley with information on health improvement issues/ topics in a wide range of formats - free leaflets, posters, teaching kits and displays.

[To register with HIRS please access the following link and follow the on screen instructions: hpac.nhsforthvalley.com](http://hpac.nhsforthvalley.com)

NHS
Forth Valley

Choose To Lose...
and keep weight off for good!

Self-Monitoring Worksheets

www.nhsforthvalley.com/weight

Use these worksheets along with our web pages to plan and record the changes you make to your eating and activity levels.

Like us on facebook/nhsforthvalley Follow us @NHSForthValley

Useful Websites

ALISS - A Local Information System for Scotland

www.aliss.org

British Dietetic Association

www.bda.uk.com/foodfacts

www.bdaweightwise.com

Choose To Lose

www.nhsforthvalley.com/weight

Community Nutrition

www.nhsforthvalley.com/nutrition

Counterweight

www.counterweight.org

Eat Better Feel Better

www.eatbetterfeelbetter.co.uk

Health Promoting Health Service

www.knowledge.scot.nhs.uk/home/portals-and-topics/health-improvement/hphs.aspx

NHS

www.nhs.uk Search 'Lose Weight' or 'Fitness'

NHS Inform

www.nhsinform.co.uk

Useful Health Apps

NHS Apps Library

www.nhs.uk/apps-library



Further Online Learning

Health Promotion Department - NHS Forth Valley - Health Behaviour Change - Making Every Contact Count -
Visit [Health Promotion - Training](#) - for details of training courses and online Learnpro modules available.

Behaviour Change Skills Training - eLearning Module - NHS Education for Scotland (NES) - This module is suitable for all registered healthcare professionals. Visit [The MAP of Behaviour Change](#) for more information.

Health Behaviours and Supporting Change - eLearning Modules - NHS Health Scotland's Virtual Learning Environment (VLE) hosts a wide range of elearning modules, resources and forums. Most of the modules are free, open to anyone and take around 1-2 hours to complete each one. You just need a VLE account then you can self enrol.

Caring Conversations - 1 hour free online tutorial

The resource aims to break down barriers that can exist between patients and healthcare professionals, encouraging open and honest conversations which achieve positive outcomes for both parties.

Visit www.caringconversations.scot and log in to get started.



Further Support

If you feel a patient needs more support, encourage the patient to work through the Choose To Lose web pages and download and complete the Choose To Lose Self Monitoring Workbook. If they are still struggling you may wish to discuss a referral to the NHS Forth Valley Weight Management Service.

Patients can be referred to **NHS Forth Valley Weight Management Service** - Current criteria for referral is a person with a BMI > 35 who is seeking support and help for their weight and other co-morbidities.

Please make the referral via Sky Gateway. If you can't access Sky Gateway please email your referral to:

FV-UHB.weight-management-services@nhs.net

Remember to the patients weight, height and Body Mass Index (BMI) in the referral.

It may also be worthwhile investigating if there are any commercial slimming groups running in the area as some people find the support and ideas from other members is just what they need to help get them started on their weight loss journey.

What is Health Promoting Health Service?



This practitioners pack **Starting a healthy conversation about weight'** supports the Health Promoting Health Service (HPHS) concept that 'every healthcare contact is a health improvement opportunity'. HPHS is a settings-based health promotion approach which aims to support the development of a health promoting culture and embed effective health improvement practice within NHS Scotland.

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

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

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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