

15% Weight Loss Chart (kg)

Start Weight	15%	Goal Weight	Start Weight	15%	Goal Weight	Start Weight	15%	Goal Weight	Start Weight	15%	Goal Weight	Start Weight	15%	Goal Weight
65	9.8	55.3	105	15.8	89.3	145	21.8	123.3	185	27.8	157.3	225	33.8	191.3
66	9.9	56.1	106	15.9	90.1	146	21.9	124.1	186	27.9	158.1	226	33.9	192.1
67	10.1	57.0	107	16.1	91.0	147	22.1	125.0	187	28.1	159.0	227	34.1	193.0
68	10.2	57.8	108	16.2	91.8	148	22.2	125.8	188	28.2	159.8	228	34.2	193.8
69	10.4	58.7	109	16.4	92.7	149	22.4	126.7	189	28.4	160.7	229	34.4	194.7
70	10.5	59.5	110	16.5	93.5	150	22.5	127.5	190	28.5	161.5	230	34.5	195.5
71	10.7	60.4	111	16.7	94.4	151	22.7	128.4	191	28.7	162.4	231	34.7	196.4
72	10.8	61.2	112	16.8	95.2	152	22.8	129.2	192	28.8	163.2	232	34.8	197.2
73	11.0	62.1	113	17.0	96.1	153	23.0	130.1	193	29.0	164.1	233	35.0	198.1
74	11.1	62.9	114	17.1	96.9	154	23.1	130.9	194	29.1	164.9	234	35.1	198.9
75	11.3	63.8	115	17.3	97.8	155	23.3	131.8	195	29.3	165.8	235	35.3	199.8
76	11.4	64.6	116	17.4	98.6	156	23.4	132.6	196	29.4	166.6	236	35.4	200.6
77	11.6	65.5	117	17.6	99.5	157	23.6	133.5	197	29.6	167.5	237	35.6	201.5
78	11.7	66.3	118	17.7	100.3	158	23.7	134.3	198	29.7	168.3	238	35.7	202.3
79	11.9	67.2	119	17.9	101.2	159	23.9	135.2	199	29.9	169.2	239	35.9	203.2
80	12.0	68.0	120	18.0	102.0	160	24.0	136.0	200	30.0	170.0	240	36.0	204.0
81	12.2	68.9	121	18.2	102.9	161	24.2	136.9	201	30.2	170.9	241	36.2	204.9
82	12.3	69.7	122	18.3	103.7	162	24.3	137.7	202	30.3	171.7	242	36.3	205.7
83	12.5	70.6	123	18.5	104.6	163	24.5	138.6	203	30.5	172.6	243	36.5	206.6
84	12.6	71.4	124	18.6	105.4	164	24.6	139.4	204	30.6	173.4	244	36.6	207.4
85	12.8	72.3	125	18.8	106.3	165	24.8	140.3	205	30.8	174.3	245	36.8	208.3
86	12.9	73.1	126	18.9	107.1	166	24.9	141.1	206	30.9	175.1	246	36.9	209.1
87	13.1	74.0	127	19.1	108.0	167	25.1	142.0	207	31.1	176.0	247	37.1	210.0
88	13.2	74.8	128	19.2	108.8	168	25.2	142.8	208	31.2	176.8	248	37.2	210.8
89	13.4	75.7	129	19.4	109.7	169	25.4	143.7	209	31.4	177.7	249	37.4	211.7
90	13.5	76.5	130	19.5	110.5	170	25.5	144.5	210	31.5	178.5	250	37.5	212.5
91	13.7	77.4	131	19.7	111.4	171	25.7	145.4	211	31.7	179.4	251	37.7	213.4
92	13.8	78.2	132	19.8	112.2	172	25.8	146.2	212	31.8	180.2	252	37.8	214.2
93	14.0	79.1	133	20.0	113.1	173	26.0	147.1	213	32.0	181.1	253	38.0	215.1
94	14.1	79.9	134	20.1	113.9	174	26.1	147.9	214	32.1	181.9	254	38.1	215.9
95	14.3	80.8	135	20.3	114.8	175	26.3	148.8	215	32.3	182.8	255	38.3	216.8
96	14.4	81.6	136	20.4	115.6	176	26.4	149.6	216	32.4	183.6	256	38.4	217.6
97	14.6	82.5	137	20.6	116.5	177	26.6	150.5	217	32.6	184.5	257	38.6	218.5
98	14.7	83.3	138	20.7	117.3	178	26.7	151.3	218	32.7	185.3	258	38.7	219.3
99	14.9	84.2	139	20.9	118.2	179	26.9	152.2	219	32.9	186.2	259	38.9	220.2
100	15.0	85.0	140	21.0	119.0	180	27.0	153.0	220	33.0	187.0	260	39.0	221.0
101	15.2	85.9	141	21.2	119.9	181	27.2	153.9	221	33.2	187.9	261	39.2	221.9
102	15.3	86.7	142	21.3	120.7	182	27.3	154.7	222	33.3	188.7	262	39.3	222.7
103	15.5	87.6	143	21.5	121.6	183	27.5	155.6	223	33.5	189.6	263	39.5	223.6
104	15.6	88.4	144	21.6	122.4	184	27.6	156.4	224	33.6	190.4	264	39.6	224.4

20% Weight Loss Chart (kg)

Start Weight	20%	Goal Weight	Start Weight	20%	Goal Weight	Start Weight	20%	Goal Weight	Start Weight	20%	Goal Weight	Start Weight	20%	Goal Weight
65	13.0	52.0	105	21.0	84.0	145	29.0	116.0	185	37.0	148.0	225	45.0	180.0
66	13.2	52.8	106	21.2	84.8	146	29.2	116.8	186	37.2	148.8	226	45.2	180.8
67	13.4	53.6	107	21.4	85.6	147	29.4	117.6	187	37.4	149.6	227	45.4	181.6
68	13.6	54.4	108	21.6	86.4	148	29.6	118.4	188	37.6	150.4	228	45.6	182.4
69	13.8	55.2	109	21.8	87.2	149	29.8	119.2	189	37.8	151.2	229	45.8	183.2
70	14.0	56.0	110	22.0	88.0	150	30.0	120.0	190	38.0	152.0	230	46.0	184.0
71	14.2	56.8	111	22.2	88.8	151	30.2	120.8	191	38.2	152.8	231	46.2	184.8
72	14.4	57.6	112	22.4	89.6	152	30.4	121.6	192	38.4	153.6	232	46.4	185.6
73	14.6	58.4	113	22.6	90.4	153	30.6	122.4	193	38.6	154.4	233	46.6	186.4
74	14.8	59.2	114	22.8	91.2	154	30.8	123.2	194	38.8	155.2	234	46.8	187.2
75	15.0	60.0	115	23.0	92.0	155	31.0	124.0	195	39.0	156.0	235	47.0	188.0
76	15.2	60.8	116	23.2	92.8	156	31.2	124.8	196	39.2	156.8	236	47.2	188.8
77	15.4	61.6	117	23.4	93.6	157	31.4	125.6	197	39.4	157.6	237	47.4	189.6
78	15.6	62.4	118	23.6	94.4	158	31.6	126.4	198	39.6	158.4	238	47.6	190.4
79	15.8	63.2	119	23.8	95.2	159	31.8	127.2	199	39.8	159.2	239	47.8	191.2
80	16.0	64.0	120	24.0	96.0	160	32.0	128.0	200	40.0	160.0	240	48.0	192.0
81	16.2	64.8	121	24.2	96.8	161	32.2	128.8	201	40.2	160.8	241	48.2	192.8
82	16.4	65.6	122	24.4	97.6	162	32.4	129.6	202	40.4	161.6	242	48.4	193.6
83	16.6	66.4	123	24.6	98.4	163	32.6	130.4	203	40.6	162.4	243	48.6	194.4
84	16.8	67.2	124	24.8	99.2	164	32.8	131.2	204	40.8	163.2	244	48.8	195.2
85	17.0	68.0	125	25.0	100.0	165	33.0	132.0	205	41.0	164.0	245	49.0	196.0
86	17.2	68.8	126	25.2	100.8	166	33.2	132.8	206	41.2	164.8	246	49.2	196.8
87	17.4	69.6	127	25.4	101.6	167	33.4	133.6	207	41.4	165.6	247	49.4	197.6
88	17.6	70.4	128	25.6	102.4	168	33.6	134.4	208	41.6	166.4	248	49.6	198.4
89	17.8	71.2	129	25.8	103.2	169	33.8	135.2	209	41.8	167.2	249	49.8	199.2
90	18.0	72.0	130	26.0	104.0	170	34.0	136.0	210	42.0	168.0	250	50.0	200.0
91	18.2	72.8	131	26.2	104.8	171	34.2	136.8	211	42.2	168.8	251	50.2	200.8
92	18.4	73.6	132	26.4	105.6	172	34.4	137.6	212	42.4	169.6	252	50.4	201.6
93	18.6	74.4	133	26.6	106.4	173	34.6	138.4	213	42.6	170.4	253	50.6	202.4
94	18.8	75.2	134	26.8	107.2	174	34.8	139.2	214	42.8	171.2	254	50.8	203.2
95	19.0	76.0	135	27.0	108.0	175	35.0	140.0	215	43.0	172.0	255	51.0	204.0
96	19.2	76.8	136	27.2	108.8	176	35.2	140.8	216	43.2	172.8	256	51.2	204.8
97	19.4	77.6	137	27.4	109.6	177	35.4	141.6	217	43.4	173.6	257	51.4	205.6
98	19.6	78.4	138	27.6	110.4	178	35.6	142.4	218	43.6	174.4	258	51.6	206.4
99	19.8	79.2	139	27.8	111.2	179	35.8	143.2	219	43.8	175.2	259	51.8	207.2
100	20.0	80.0	140	28.0	112.0	180	36.0	144.0	220	44.0	176.0	260	52.0	208.0
101	20.2	80.8	141	28.2	112.8	181	36.2	144.8	221	44.2	176.8	261	52.2	208.8
102	20.4	81.6	142	28.4	113.6	182	36.4	145.6	222	44.4	177.6	262	52.4	209.6
103	20.6	82.4	143	28.6	114.4	183	36.6	146.4	223	44.6	178.4	263	52.6	210.4
104	20.8	83.2	144	28.8	115.2	184	36.8	147.2	224	44.8	179.2	264	52.8	211.2

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	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

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