

Step 2 – Weight loss score

KILOGRAMS			STONES AND POUNDS		
Score 0 Wt loss < 5%	Score 1 Wt loss 5 - 10%	Score 2 Wt loss > 10%	Score 0 Wt loss < 5%	Score 1 Wt loss 5 - 10%	Score 2 Wt loss > 10%

Weight 3 to 6 months ago

kg	Less than (kg)	Between (kg)	More than (kg)
100	105.3	105.3 - 111.1	111.1
101	106.3	106.3 - 112.2	112.2
102	107.4	107.4 - 113.3	113.3
103	108.4	108.4 - 114.4	114.4
104	109.5	109.5 - 115.6	115.6
105	110.5	110.5 - 116.7	116.7
106	111.6	111.6 - 117.8	117.8
107	112.6	112.6 - 118.9	118.9
108	113.7	113.7 - 120.0	120.0
109	114.7	114.7 - 121.1	121.1
110	115.8	115.8 - 122.2	122.2
111	116.8	116.8 - 123.3	123.3
112	117.9	117.9 - 124.4	124.4
113	118.9	118.9 - 125.6	125.6
114	120.0	120.0 - 126.7	126.7
115	121.1	121.1 - 127.8	127.8
116	122.1	122.1 - 128.9	128.9
117	123.2	123.2 - 130.0	130.0
118	124.2	124.2 - 131.1	131.1
119	125.3	125.3 - 132.2	132.2
120	126.3	126.3 - 133.3	133.3
121	127.4	127.4 - 134.4	134.4
122	128.4	128.4 - 135.6	135.6
123	129.5	129.5 - 136.7	136.7
124	130.5	130.5 - 137.8	137.8
125	131.6	131.6 - 138.9	138.9
126	132.6	132.6 - 140.0	140.0
127	133.7	133.7 - 141.1	141.1
128	134.7	134.7 - 142.2	142.2
129	135.8	135.8 - 143.3	143.3
130	136.8	136.8 - 144.4	144.4
131	137.9	137.9 - 145.6	145.6
132	138.9	138.9 - 146.7	146.7
133	140.0	140.0 - 147.8	147.8
134	141.1	141.1 - 148.9	148.9

Weight 3 to 6 months ago

st lb	Less than (st lb)	Between (st lb)	More than (st lb)
15 10	16 8	16 8 - 17 7	17 7
15 13	16 10	16 10 - 17 9	17 9
16 1	16 13	16 13 - 17 12	17 12
16 3	17 1	17 1 - 18 0	18 0
16 5	17 3	17 3 - 18 3	18 3
16 7	17 6	17 6 - 18 5	18 5
16 10	17 6	17 6 - 18 8	18 8
16 12	17 10	17 10 - 18 10	18 10
17 0	17 13	17 13 - 18 13	18 13
17 2	18 1	18 1 - 19 1	19 1
17 5	18 3	18 3 - 19 3	19 3
17 7	18 6	18 6 - 19 6	19 6
17 9	18 8	18 8 - 19 8	19 8
17 11	18 10	18 10 - 19 11	19 11
17 13	18 13	18 13 - 19 13	19 13
18 4	19 1	19 1 - 20 2	20 2
18 4	19 3	19 3 - 20 4	20 4
18 6	19 6	19 6 - 20 7	20 7
18 8	19 8	19 8 - 20 9	20 9
18 10	19 10	19 10 - 20 12	20 12
18 13	19 12	19 12 - 21 0	21 0
19 1	20 1	20 1 - 21 2	21 2
19 3	20 3	20 3 - 21 5	21 5
19 5	20 5	20 5 - 21 7	21 7
19 7	20 8	20 8 - 21 10	21 10
19 10	20 10	20 10 - 21 12	21 12
19 12	20 12	20 12 - 22 1	22 1
19 14	21 1	21 1 - 22 3	22 3
20 2	21 3	21 3 - 22 6	22 6
20 4	21 5	21 5 - 22 8	22 8
20 7	21 8	21 8 - 22 10	22 10
20 9	21 10	21 10 - 22 13	22 13
20 11	21 12	21 12 - 23 1	23 1
20 13	22 1	22 1 - 23 4	23 4
21 1	22 3	22 3 - 23 6	23 6

KILOGRAMS			STONES AND POUNDS		
Score 0 Wt loss < 5%	Score 1 Wt loss 5 - 10%	Score 2 Wt loss > 10%	Score 0 Wt loss < 5%	Score 1 Wt loss 5 - 10%	Score 2 Wt loss > 10%

Weight 3 to 6 months ago

kg	Less than (kg)	Between (kg)	More than (kg)
135	142.1	142.1 - 150.0	150.0
136	143.2	143.2 - 151.0	151.1
137	144.2	144.2 - 152.2	152.2
138	145.3	145.3 - 153.3	153.3
139	146.3	146.3 - 154.4	154.4
140	147.4	147.4 - 155.6	155.6
141	148.4	148.4 - 156.7	156.7
142	149.5	149.5 - 149.5	157.8
143	150.5	150.5 - 158.9	158.9
144	151.6	151.6 - 160.0	160.0
145	152.6	152.6 - 161.1	161.1
146	153.7	153.7 - 162.2	162.2
147	154.7	154.7 - 163.3	163.3
148	155.8	155.8 - 164.4	164.4
149	156.8	156.8 - 165.6	165.6
150	157.9	157.9 - 166.7	166.7
151	158.9	158.9 - 166.7	167.8
152	160.0	160.0 - 168.7	168.9
153	161.1	161.1 - 170.0	170.0
154	162.1	162.1 - 171.1	171.1
155	163.2	163.2 - 172.2	172.2
156	164.2	164.2 - 173.3	173.3
157	165.3	165.3 - 174.4	174.4
158	166.3	166.3 - 175.6	175.6
159	167.4	167.4 - 176.7	176.7
160	168.4	168.4 - 177.8	177.8
161	169.5	169.5 - 178.9	178.9
162	170.5	170.5 - 180.0	180.0
163	171.6	171.6 - 181.1	181.1
164	172.6	172.6 - 182.2	182.2
165	173.7	173.7 - 183.3	183.3
166	174.7	174.7 - 184.4	184.4
167	175.8	175.8 - 185.6	185.6
168	176.8	176.8 - 186.7	186.7
169	177.9	177.9 - 187.8	187.8

Weight 3 to 6 months ago

st lb	Less than (st lb)	Between (st lb)	More than (st lb)
21 4	22 5	22 5 - 23 9	23 9
21 6	22 8	22 8 - 23 11	23 11
21 8	22 10	22 10 - 24 0	24 0
21 10	22 12	22 12 - 24 2	24 2
21 12	23 1	23 1 - 24 4	24 4
21 1	23 3	23 3 - 24 7	24 7
22 3	23 5	23 5 - 24 9	24 9
22 5	23 8	23 8 - 24 12	24 12
22 7	23 10	23 10 - 25 0	25 0
22 9	23 12	23 12 - 25 3	25 3
22 12	24 0	24 0 - 25 5	25 5
22 14	24 3	24 3 - 25 8	25 8
23 2	24 5	24 5 - 25 10	25 10
23 4	24 7	24 7 - 25 13	25 13
23 6	24 10	24 10 - 26 1	26 1
23 9	24 12	24 12 - 26 3	26 3
23 11	25 0	25 0 - 16 0	26 6
23 13	25 3	25 3 - 26 8	26 8
24 1	25 5	25 5 - 26 11	26 11
24 4	25 7	25 7 - 26 13	26 13
24 6	25 10	25 10 - 27 2	27 2
24 8	25 12	25 12 - 27 4	27 4
24 10	26 0	26 0 - 27 7	27 7
24 12	26 3	26 3 - 27 9	27 9
25 1	26 5	26 5 - 27 11	27 11
25 3	26 7	26 7 - 28 0	28 0
25 5	26 10	26 10 - 28 2	28 2
25 7	26 12	26 12 - 28 5	28 5
25 9	27 0	27 0 - 28 7	28 7
25 12	27 3	27 3 - 28 10	28 10
26 0	27 5	27 5 - 28 12	28 12
26 2	27 7	27 7 - 29 1	29 1
26 4	27 10	27 10 - 29 3	29 3
26 6	27 12	27 12 - 29 6	29 6
26 9	28 0	28 0 - 29 8	29 8

Current weight

Current weight