

Step 2 – Weight loss score

| | SCORE 0 | SCORE 1 | SCORE 2 |
|--------|-------------|---------------|--------------|
| | Wt Loss <5% | Wt Loss 5-10% | Wt Loss >10% |
| 34 kg | <1.70 | 1.70 – 3.40 | >3.40 |
| 36 kg | <1.80 | 1.80 – 3.60 | >3.60 |
| 38 kg | <1.90 | 1.90 – 3.80 | >3.80 |
| 40 kg | <2.00 | 2.00 – 4.00 | >4.00 |
| 42 kg | <2.10 | 2.10 – 4.20 | >4.20 |
| 44 kg | <2.20 | 2.20 – 4.40 | >4.40 |
| 46 kg | <2.30 | 2.30 – 4.60 | >4.60 |
| 48 kg | <2.40 | 2.40 – 4.80 | >4.80 |
| 50 kg | <2.50 | 2.50 – 5.00 | >5.00 |
| 52 kg | <2.60 | 2.60 – 5.20 | >5.20 |
| 54 kg | <2.70 | 2.70 – 5.40 | >5.40 |
| 56 kg | <2.80 | 2.80 – 5.60 | >5.60 |
| 58 kg | <2.90 | 2.90 – 5.80 | >5.80 |
| 60 kg | <3.00 | 3.00 – 6.00 | >6.00 |
| 62 kg | <3.10 | 3.10 – 6.20 | >6.20 |
| 64 kg | <3.20 | 3.20 – 6.40 | >6.40 |
| 66 kg | <3.30 | 3.30 – 6.60 | >6.60 |
| 68 kg | <3.40 | 3.40 – 6.80 | >6.80 |
| 70 kg | <3.50 | 3.50 – 7.00 | >7.00 |
| 72 kg | <3.60 | 3.60 – 7.20 | >7.20 |
| 74 kg | <3.70 | 3.70 – 7.40 | >7.40 |
| 76 kg | <3.80 | 3.80 – 7.60 | >7.60 |
| 78 kg | <3.90 | 3.90 – 7.80 | >7.80 |
| 80 kg | <4.00 | 4.00 – 8.00 | >8.00 |
| 82 kg | <4.10 | 4.10 – 8.20 | >8.20 |
| 84 kg | <4.20 | 4.20 – 8.40 | >8.40 |
| 86 kg | <4.30 | 4.30 – 8.60 | >8.60 |
| 88 kg | <4.40 | 4.40 – 8.80 | >8.80 |
| 90 kg | <4.50 | 4.50 – 9.00 | >9.00 |
| 92 kg | <4.60 | 4.60 – 9.20 | >9.20 |
| 94 kg | <4.70 | 4.70 – 9.40 | >9.40 |
| 96 kg | <4.80 | 4.80 – 9.60 | >9.60 |
| 98 kg | <4.90 | 4.90 – 9.80 | >9.80 |
| 100 kg | <5.00 | 5.00 – 10.00 | >10.00 |
| 102 kg | <5.10 | 5.10 – 10.20 | >10.20 |
| 104 kg | <5.20 | 5.20 – 10.40 | >10.40 |
| 106 kg | <5.30 | 5.30 – 10.60 | >10.60 |
| 108 kg | <5.40 | 5.40 – 10.80 | >10.80 |
| 110 kg | <5.50 | 5.50 – 11.00 | >11.00 |
| 112 kg | <5.60 | 5.60 – 11.20 | >11.20 |
| 114 kg | <5.70 | 5.70 – 11.40 | >11.40 |
| 116 kg | <5.80 | 5.80 – 11.60 | >11.60 |
| 118 kg | <5.90 | 5.90 – 11.80 | >11.80 |
| 120 kg | <6.00 | 6.00 – 12.00 | >12.00 |
| 122 kg | <6.10 | 6.10 – 12.20 | >12.20 |
| 124 kg | <6.20 | 6.20 – 12.40 | >12.40 |
| 126 kg | <6.30 | 6.30 – 12.60 | >12.60 |

Weight before weight loss (kg)

| | SCORE 0 | SCORE 1 | SCORE 2 |
|-----------|-------------|----------------|--------------|
| | Wt Loss <5% | Wt Loss 5-10% | Wt Loss >10% |
| 5st 4lb | <4lb | 4lb – 7lb | >7lb |
| 5st 7lb | <4lb | 4lb – 8lb | >8lb |
| 5st 11lb | <4lb | 4lb – 8lb | >8lb |
| 6st | <4lb | 4lb – 8lb | >8lb |
| 6st 4lb | <4lb | 4lb – 9lb | >9lb |
| 6st 7lb | <5lb | 5lb – 9lb | >9lb |
| 6st 11lb | <5lb | 5lb – 10lb | >10lb |
| 7st | <5lb | 5lb – 10lb | >10lb |
| 7st 4lb | <5lb | 5lb – 10lb | >10lb |
| 7st 7lb | <5lb | 5lb – 11lb | >11lb |
| 7st 11lb | <5lb | 5lb – 11lb | >11lb |
| 8st | <6lb | 6lb – 11lb | >11lb |
| 8st 4lb | <6lb | 6lb – 12lb | >12lb |
| 8st 7lb | <6lb | 6lb – 12lb | >12lb |
| 8st 11lb | <6lb | 6lb – 12lb | >12lb |
| 9st | <6lb | 6lb – 13lb | >13lb |
| 9st 4lb | <7lb | 7lb – 13lb | >13lb |
| 9st 7lb | <7lb | 7lb – 13lb | >13lb |
| 9st 11lb | <7lb | 7lb – 1st 0lb | >1st 0lb |
| 10st | <7lb | 7lb – 1st 0lb | >1st 0lb |
| 10st 4lb | <7lb | 7lb – 1st 0lb | >1st 0lb |
| 10st 7lb | <7lb | 7lb – 1st 1lb | >1st 1lb |
| 10st 11lb | <8lb | 8lb – 1st 1lb | >1st 1lb |
| 11st | <8lb | 8lb – 1st 1lb | >1st 1lb |
| 11st 4lb | <8lb | 8lb – 1st 2lb | >1st 2lb |
| 11st 7lb | <8lb | 8lb – 1st 2lb | >1st 2lb |
| 11st 11lb | <8lb | 8lb – 1st 3lb | >1st 3lb |
| 12st | <8lb | 8lb – 1st 3lb | >1st 3lb |
| 12st 4lb | <9lb | 9lb – 1st 3lb | >1st 3lb |
| 12st 7lb | <9lb | 9lb – 1st 4lb | >1st 4lb |
| 12st 11lb | <9lb | 9lb – 1st 4lb | >1st 4lb |
| 13st | <9lb | 9lb – 1st 4lb | >1st 4lb |
| 13st 4lb | <9lb | 9lb – 1st 5lb | >1st 5lb |
| 13st 7lb | <9lb | 9lb – 1st 5lb | >1st 5lb |
| 13st 11lb | <10lb | 10lb – 1st 5lb | >1st 5lb |
| 14st | <10lb | 10lb – 1st 6lb | >1st 6lb |
| 14st 4lb | <10lb | 10lb – 1st 6lb | >1st 6lb |
| 14st 7lb | <10lb | 10lb – 1st 6lb | >1st 6lb |
| 14st 11lb | <10lb | 10lb – 1st 7lb | >1st 7lb |
| 15st | <11lb | 11lb – 1st 7lb | >1st 7lb |
| 15st 4lb | <11lb | 11lb – 1st 7lb | >1st 7lb |
| 15st 7lb | <11lb | 11lb – 1st 8lb | >1st 8lb |
| 15st 11lb | <11lb | 11lb – 1st 8lb | >1st 8lb |
| 16st | <11lb | 11lb – 1st 8lb | >1st 8lb |
| 16st 4lb | <11lb | 11lb – 1st 9lb | >1st 9lb |
| 16st 7lb | <12lb | 12lb – 1st 9lb | >1st 9lb |

Weight before weight loss (st lb)