

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)
30	31.6	31.6 - 33.3	33.3
31	32.6	32.6 - 34.4	34.4
32	33.7	33.7 - 35.6	35.6
33	34.7	34.7 - 36.7	36.7
34	35.8	35.8 - 37.7	37.8
35	36.8	36.8 - 38.9	38.9
36	37.9	37.9 - 40.0	40.0
37	38.9	38.8 - 41.1	41.1
38	40.0	40.0 - 42.2	42.2
39	41.1	41.1 - 43.3	43.3
40	42.1	42.1 - 44.4	44.4
41	43.2	43.2 - 45.6	45.6
42	44.2	44.2 - 46.7	46.7
43	45.3	45.3 - 47.8	47.8
44	46.3	46.3 - 48.9	48.9
45	47.4	47.4 - 50.0	50.0
46	48.4	48.4 - 51.1	51.1
47	49.5	49.5 - 52.2	52.2
48	50.5	50.5 - 53.3	53.3
49	51.6	51.6 - 54.4	54.4
50	52.6	52.6 - 55.6	55.6
51	53.7	53.7 - 56.7	56.7
52	54.7	54.7 - 57.8	57.8
53	55.8	55.8 - 58.9	58.9
54	56.8	56.8 - 60.0	60.0
55	57.9	57.9 - 61.1	61.1
56	58.9	58.9 - 62.2	62.2
57	60.0	60.0 - 63.3	63.3
58	61.1	61.1 - 64.4	64.4
59	62.1	62.1 - 65.6	65.6
60	63.2	63.2 - 66.7	66.7
61	64.2	64.2 - 67.8	67.8
62	65.3	65.3 - 68.9	68.9
63	66.3	66.3 - 70.0	70.0
64	67.4	67.4 - 71.1	71.1

Weight 3 to 6 months ago

st lb	Less than (st lb)	Between (st lb)	More than (st lb)
4 10	5 0	5 0 - 5 3	5 3
4 12	5 2	5 2 - 5 6	5 6
5 1	5 4	5 4 - 5 8	5 8
5 3	5 7	5 7 - 5 11	5 11
5 5	5 9	5 9 - 5 13	5 13
5 7	5 11	5 11 - 6 2	6 2
5 9	6 0	6 0 - 6 4	6 4
5 12	6 2	6 2 - 6 7	6 7
6 0	6 4	6 4 - 6 9	6 9
6 2	6 7	6 7 - 6 12	6 12
6 4	6 9	6 9 - 7 0	7 0
6 6	6 11	6 11 - 7 2	7 2
6 9	6 13	6 13 - 7 5	7 5
6 11	7 2	7 2 - 7 7	7 7
6 13	7 4	7 4 - 7 10	7 10
7 1	7 6	7 6 - 7 12	7 12
7 3	7 9	7 9 - 8 1	8 1
7 6	7 11	7 11 - 8 3	8 3
7 8	7 13	7 13 - 8 6	8 6
7 10	8 2	8 2 - 8 8	8 8
7 12	8 4	8 4 - 8 10	8 10
8 0	8 6	8 6 - 8 13	8 13
8 3	8 9	8 9 - 9 1	9 1
8 5	8 11	8 11 - 9 4	9 4
8 7	8 13	8 13 - 9 6	9 6
8 9	9 2	9 2 - 9 9	9 9
8 11	9 4	9 4 - 9 11	9 11
9 0	9 6	9 6 - 10 0	10 0
9 2	9 9	9 9 - 10 2	10 2
9 4	9 11	9 11 - 10 5	10 5
9 6	9 13	9 13 - 10 7	10 7
9 8	10 2	10 2 - 10 9	10 9
9 11	10 4	10 4 - 10 12	10 12
9 13	10 6	10 6 - 11 0	11 0
10 1	10 9	10 9 - 11 3	11 3

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Weight 3 to 6 months ago

kg	Less than (kg)	Between (kg)	More than (kg)
65	68.4	68.4 - 72.2	72.2
66	69.5	69.5 - 73.3	73.3
67	70.5	70.5 - 74.4	74.4
68	71.6	71.6 - 75.6	75.6
69	72.6	72.6 - 76.7	76.7
70	73.7	73.7 - 77.8	77.8
71	74.7	74.7 - 78.9	78.9
72	75.8	75.8 - 80.0	80.0
73	76.8	76.8 - 81.1	81.1
74	77.9	77.9 - 82.2	82.2
75	78.9	78.9 - 83.3	83.3
76	80.0	80.0 - 84.4	84.4
77	81.1	81.1 - 85.6	85.6
78	82.1	82.1 - 86.7	86.7
79	83.2	83.2 - 87.8	87.8
80	84.2	84.2 - 88.9	88.9
81	85.3	85.3 - 90.0	90.0
82	86.3	86.3 - 91.1	91.1
83	87.4	87.4 - 92.2	92.2
84	88.4	88.4 - 93.3	93.3
85	89.5	89.5 - 94.4	94.4
86	90.5	90.5 - 95.6	95.6
87	91.6	91.6 - 96.7	96.7
88	92.6	92.6 - 97.8	97.8
89	93.7	93.7 - 98.9	98.9
90	94.7	94.7 - 100.0	100.0
91	95.8	95.8 - 101.1	101.1
92	96.8	96.8 - 102.2	102.2
93	97.9	97.9 - 103.3	103.3
94	98.9	98.9 - 104.4	104.4
95	100.0	100.0 - 105.6	105.6
96	101.1	101.1 - 106.7	106.7
97	102.1	102.1 - 107.8	107.8
98	103.2	103.2 - 108.9	108.9
99	104.2	104.2 - 110.0	110.0

Weight 3 to 6 months ago

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

Current weight

Current weight