

Step 2 – Weight loss score

KILOGRAMS

Score 0 Wt loss < 5%	Score 1 Wt loss 5 - 10%	Score 2 Wt loss > 10%
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Weight loss in last 3 to 6 months

kg	Less than (kg)	Between (kg)	More than (kg)
100	5.3	5.3 - 11.1	11.1
101	5.3	5.3 - 11.2	11.2
102	5.4	5.4 - 11.3	11.3
103	5.4	5.4 - 11.4	11.4
104	5.5	5.5 - 11.6	11.6
105	5.5	5.5 - 11.7	11.7
106	5.6	5.6 - 11.8	11.8
107	5.6	5.6 - 11.9	11.9
108	5.7	5.7 - 12.0	12.0
109	5.7	5.7 - 12.1	12.1
110	5.8	5.8 - 12.2	12.2
111	5.8	5.8 - 12.3	12.3
112	5.9	5.9 - 12.4	12.4
113	5.9	5.9 - 12.6	12.6
114	6.0	6.0 - 12.7	12.7
115	6.1	6.1 - 12.8	12.8
116	6.1	6.1 - 12.9	12.9
117	6.2	6.2 - 13.0	13.0
118	6.2	6.2 - 13.1	13.1
119	6.3	6.3 - 13.2	13.2
120	6.3	6.3 - 13.3	13.3
121	6.4	6.4 - 13.4	13.4
122	6.4	6.4 - 13.6	13.6
123	6.5	6.5 - 13.7	13.7
124	6.5	6.5 - 13.8	13.8
125	6.6	6.6 - 13.9	13.9
126	6.6	6.6 - 14.0	14.0
127	6.7	6.7 - 14.1	14.1
128	6.7	6.7 - 14.2	14.2
129	6.8	6.8 - 14.3	14.3
130	6.8	6.8 - 14.4	14.4
131	6.9	6.9 - 14.6	14.6
132	6.9	6.9 - 14.7	14.7
133	7.0	7.0 - 14.8	14.8
134	7.1	7.1 - 14.9	14.9

STONES AND POUNDS

Score 0 Wt loss < 5%	Score 1 Wt loss 5 - 10%	Score 2 Wt loss > 10%
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Weight loss in last 3 to 6 months

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

KILOGRAMS

Score 0 Wt loss < 5%	Score 1 Wt loss 5 - 10%	Score 2 Wt loss > 10%
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Weight loss in last 3 to 6 months

kg	Less than (kg)	Between (kg)	More than (kg)
135	7.1	7.1 - 15.0	15.0
136	7.2	7.2 - 15.1	15.1
137	7.2	7.2 - 15.2	15.2
138	7.3	7.3 - 15.3	15.3
139	7.3	7.3 - 15.4	15.4
140	7.4	7.4 - 15.6	15.6
141	7.4	7.4 - 15.7	15.7
142	7.5	7.5 - 15.8	15.8
143	7.5	7.5 - 15.9	15.9
144	7.6	7.6 - 16.0	16.0
145	7.6	7.6 - 16.1	16.1
146	7.7	7.7 - 16.2	16.2
147	7.7	7.7 - 16.3	16.3
148	7.8	7.8 - 16.4	16.4
149	7.8	7.8 - 16.6	16.6
150	7.9	7.9 - 16.7	16.7
151	7.9	7.9 - 16.8	16.8
152	8.0	8.0 - 16.9	16.9
153	8.1	8.1 - 17.0	17.0
154	8.1	8.1 - 17.1	17.1
155	8.2	8.2 - 17.2	17.2
156	8.2	8.2 - 17.3	17.3
157	8.3	8.3 - 17.6	17.4
158	8.3	8.3 - 17.6	17.6
159	8.4	8.4 - 17.7	17.7
160	8.4	8.4 - 17.8	17.8
161	8.5	8.5 - 17.9	17.9
162	8.5	8.5 - 18.0	18.0
163	8.6	8.6 - 18.1	18.1
164	8.6	8.6 - 18.2	18.2
165	8.7	8.7 - 18.3	18.3
166	8.7	8.7 - 18.4	18.4
167	8.8	8.8 - 18.6	18.6
168	8.8	8.8 - 18.7	18.7
169	8.9	8.9 - 18.8	18.8

STONES AND POUNDS

Score 0 Wt loss < 5%	Score 1 Wt loss 5 - 10%	Score 2 Wt loss > 10%
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Weight loss in last 3 to 6 months

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

Current weight

Current weight