

Start weight (kg)	10% loss = (kg)	Target weight (kg)	Start weight (kg)	10% loss = (kg)	Target weight (kg)	Start weight (kg)	10% loss = (kg)	Target weight (kg)	Start weight (kg)	10% loss = (kg)	Target weight (kg)	Start weight (kg)	10% loss = (kg)	Target weight (kg)	Start weight (kg)	10% loss = (kg)	Target weight (kg)
65	6.5	58.5	90	9.0	81.0	115	11.5	103.5	140	14.0	126.0	165	16.5	148.5	190	19.0	171.0
66	6.6	59.4	91	9.1	81.9	116	11.6	104.4	141	14.1	126.9	166	16.6	149.4	191	19.1	171.9
67	6.7	60.3	92	9.2	82.8	117	11.7	105.3	142	14.2	127.8	167	16.7	150.3	192	19.2	172.8
68	6.8	61.2	93	9.3	83.7	118	11.8	106.2	143	14.3	128.7	168	16.8	151.2	193	19.3	173.7
69	6.9	62.1	94	9.4	84.6	119	11.9	107.1	144	14.4	129.6	169	16.9	152.1	194	19.4	174.6
70	7.0	63.0	95	9.5	85.5	120	12.0	108.0	145	14.5	130.5	170	17.0	153.0	195	19.5	175.5
71	7.1	63.9	96	9.6	86.4	121	12.1	108.9	146	14.6	131.4	171	17.1	153.9	196	19.6	176.4
72	7.2	64.8	97	9.7	87.3	122	12.2	109.8	147	14.7	132.3	172	17.2	154.8	197	19.7	177.3
73	7.3	65.7	98	9.8	88.2	123	12.3	110.7	148	14.8	133.2	173	17.3	155.7	198	19.8	178.2
74	7.4	66.6	99	9.9	89.1	124	12.4	111.6	149	14.9	134.1	174	17.4	156.6	199	19.9	179.1
75	7.5	67.5	100	10.0	90.0	125	12.5	112.5	150	15.0	135.0	175	17.5	157.5	200	20.0	180.0
76	7.6	68.4	101	10.1	90.9	126	12.6	113.4	151	15.1	135.9	176	17.6	158.4	201	20.1	180.9
77	7.7	69.3	102	10.2	91.8	127	12.7	114.3	152	15.2	136.8	177	17.7	159.3	202	20.2	181.8
78	7.8	70.2	103	10.3	92.7	128	12.8	115.2	153	15.3	137.7	178	17.8	160.2	203	20.3	182.7
79	7.9	71.1	104	10.4	93.6	129	12.9	116.1	154	15.4	138.6	179	17.9	161.1	204	20.4	183.6
80	8.0	72.0	105	10.5	94.5	130	13.0	117.0	155	15.5	139.5	180	18.0	162.0	205	20.5	184.5
81	8.1	72.9	106	10.6	95.4	131	13.1	117.9	156	15.6	140.4	181	18.1	162.9	206	20.6	185.4
82	8.2	73.8	107	10.7	96.3	132	13.2	118.8	157	15.7	141.3	182	18.2	163.8	207	20.7	186.3
83	8.3	74.7	108	10.8	97.2	133	13.3	119.7	158	15.8	142.2	183	18.3	164.7	208	20.8	187.2
84	8.4	75.6	109	10.9	98.1	134	13.4	120.6	159	15.9	143.1	184	18.4	165.6	209	20.9	188.1
85	8.5	76.5	110	11.0	99.0	135	13.5	121.5	160	16.0	144.0	185	18.5	166.5	210	21.0	189.0
86	8.6	77.4	111	11.1	99.9	136	13.6	122.4	161	16.1	144.9	186	18.6	167.4	211	21.1	189.9
87	8.7	78.3	112	11.2	100.8	137	13.7	123.3	162	16.2	145.8	187	18.7	168.3	212	21.2	190.8
88	8.8	79.2	113	11.3	101.7	138	13.8	124.2	163	16.3	146.7	188	18.8	169.2	213	21.3	191.7
89	8.9	80.1	114	11.4	102.6	139	13.9	125.1	164	16.4	147.6	189	18.9	170.1	214	21.4	192.6

1kg = 2.2 pounds