

Starting wt		10% loss (lbs)	Goal weight		Starting wt		10% loss (lbs)	Goal weight		Starting wt		10% loss (lbs)	Goal weight		Starting wt		10% loss (lbs)	Goal weight		Starting wt		10% loss (lbs)	Goal weight	
St	lbs		St	lbs	St	lbs		St	lbs	St	lbs		St	lbs	St	lbs		St	lbs	St	lbs		St	lbs
10	0	14	9	0	15	0	20	13	8	20	0	28	18	0	25	0	36	22	6	30	0	42	27	0
	2	14		2		2	22		8		2	28		2		2	36		8		2	42		2
	4	14		4		4	22		10		4	28		4		4	36		10		4	42		4
	6	14		6		6	22		12		6	28		6		6	36		12		6	42		6
	8	14		8		8	22	14	0		8	28		8		8	36	23	0		8	42		8
	10	16		8		10	22		2		10	30		8		10	36		2		10	44		8
	12	16		10		12	22		4		12	30		10		12	36		4		12	44		10
11	0	16		12	16	0	22		6	21	0	30		12	26	0	36		6	31	0	44		12
	2	16	10	0		2	22		8		2	30	19	0		2	36		8		2	44	28	0
	4	16		2		4	22		10		4	30		2		4	36		10		4	44		2
	6	16		4		6	24		10		6	30		4		6	38		10		6	44		4
	8	16		6		8	24		12		8	30		6		8	38		12		8	44		6
	10	16		8		10	24		14		10	30		8		10	38	24	0		10	44		8
	12	16		10		12	24	15	0		12	30		10		12	38		2		12	44		10
12	0	16		12	17	0	24		2	22	0	30		12	27	0	38		4	32	0	44		12
	2	18		12		2	24		4		2	32		12		2	38		6		2	46	29	12
	4	18	11	0		4	24		6		4	32	20	0		4	38		8		4	46		0
	6	18		2		6	24		8		6	32		2		6	38		10		6	46		2
	8	18		4		8	24		10		8	32		4		8	38		12		8	46		4
	10	18		6		10	24		12		10	32		6		10	38	25	0		10	46		6
	12	18		8		12	26	16	0		12	32		8		12	40		0		12	46		8
13	0	18		10	18	0	26		2	23	0	32		10	28	0	40		2	33	0	46		10
	2	18		12		2	26		4		2	32		12		2	40		4		2	46		12
	4	18	12	0		4	26		6		4	32	21	0		4	40		6		4	46	30	0
	6	18		2		6	26		8		6	32		2		6	40		8		6	46		2
	8	20		2		8	26		10		8	34		2		8	40		10		8	48		2
	10	20		4		10	26		12		10	34		4		10	40		12		10	48		4
	12	20		6		12	26	17	0		12	34		6		12	40	26	0		12	48		6
14	0	20		8	19	0	26		2	24	0	34		8	29	0	40		2	34	0	48		8
	2	20		10		2	26		4		2	34		10		2	40		4		2	48		10
	4	20		12		4	28		4		4	34		12		4	42		4		4	48		12
	6	20	13	0		6	28		6		6	34	22	0		6	42		6		6	48	31	0
	8	20		2		8	28		8		8	34		2		8	42		8		8	48		2
	10	20		4		10	28		10		10	34		4		10	42		10		10	48		4
	12	20		6		12	28		12		12	34		6		12	42		12		12	48		6