

Starting wt		5% loss (lbs)	Goal weight		Starting wt		5% loss (lbs)	Goal weight		Starting wt		5% loss (lbs)	Goal weight		Starting wt		5% loss (lbs)	Goal weight		Starting wt		5% 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	7	9	7	15	0	10	14	4	20	0	14	19	0	25	0	18	23	10	30	0	21	28	7
	2	7		9		2	11		5		2	14		2		2	18		12		2	21		9
	4	7		11		4	11		7		4	14		4		4	18	24	0		4	21		11
	6	7		13		6	11		9		6	14		6		6	18		2		6	21		13
	8	7	10	1		8	11		11		8	14		8		8	18		4		8	21	29	1
	10	8		2		10	11		13		10	15		9		10	18		6		10	22		2
	12	8		4		12	11	15	1		12	15		11		12	18		8		12	22		4
11	0	8		6	16	0	11		3	21	0	15		13	26	0	18		10	31	0	22		6
	2	8		8		2	11		5		2	15	20	1		2	18		12		2	22		8
	4	8		10		4	11		7		4	15		3		4	18	25	0		4	22		10
	6	8		12		6	12		8		6	15		5		6	19		1		6	22		12
	8	8	11	0		8	12		10		8	15		7		8	19		3		8	22	30	0
	10	8		2		10	12		12		10	15		9		10	19		5		10	22		2
	12	8		4		12	12	16	0		12	15		11		12	19		7		12	22		4
12	0	8		6	17	0	12		2	22	0	15		13	27	0	19		9	32	0	22		6
	2	9		7		2	12		4		2	16	21	0		2	19		11		2	23		7
	4	9		9		4	12		6		4	16		2		4	19		13		4	23		9
	6	9		11		6	12		8		6	16		4		6	19	26	1		6	23		11
	8	9		13		8	12		10		8	16		6		8	19		3		8	23		13
	10	9	12	1		10	12		12		10	16		8		10	19		5		10	23	31	1
	12	9		3		12	13		13		12	16		10		12	20		6		12	23		3
13	0	9		5	18	0	13	17	1	23	0	16		12	28	0	20		8	33	0	23		5
	2	9		7		2	13		3		2	16	22	0		2	20		10		2	23		7
	4	9		9		4	13		5		4	16		2		4	20		12		4	23		9
	6	9		11		6	13		7		6	16		4		6	20	27	0		6	23		11
	8	10		12		8	13		9		8	17		5		8	20		2		8	24		12
	10	10	13	0		10	13		11		10	17		7		10	20		4		10	24	32	0
	12	10		2		12	13		13		12	17		9		12	20		6		12	24		2
14	0	10		4	19	0	13	18	1	24	0	17		11	29	0	20		8	34	0	24		4
	2	10		6		2	13		3		2	17		13		2	20		10		2	24		6
	4	10		8		4	14		4		4	17	23	1		4	21		11		4	24		8
	6	10		10		6	14		6		6	17		3		6	21		13		6	24		10
	8	10		12		8	14		8		8	17		5		8	21	28	1		8	24		12
	10	10	14	0		10	14		10		10	17		7		10	21		3		10	24	33	0
	12	10		2		12	14		12		12	17		9		12	21		5		12	24		2