

Starting weight		15% loss	Goal weight		Starting weight		15% loss (lbs)	Goal weight		Starting weight		15% loss	Goal weight		Starting weight		15% loss	Goal weight				
St	lbs	lbs	St	lbs	St	lbs	lbs	St	lbs	St	lbs	lbs	St	lbs	St	lbs	lbs	St	lbs			
13	0	27	11	1		19	0	40	16	2		25	0	53	21	3		31	0	65	26	5
	4	27	11	5			4	42	16	4			4	53	21	7			4	65	26	9
	8	29	11	8			8	42	16	8			8	54	21	10			8	66	26	12
	12	29	11	11			12	42	16	12			12	54	22	0			12	66	27	2
14	0	29	11	13		20	0	42	17	0		26	0	55	22	1		32	0	67	27	3
	4	31	12	1			4	43	17	3			4	55	22	5			4	67	27	7
	8	31	12	5			8	43	17	7			8	56	22	8			8	68	27	10
	12	31	12	7			12	44	17	10			12	56	22	12			12	68	28	0
15	0	32	12	10		21	0	44	17	12		27	0	57	22	13		33	0	69	28	1
	4	32	13	0			4	45	18	1			4	57	23	3			4	69	28	5
	8	32	13	4			8	45	18	5			8	58	23	4			8	71	28	7
	12	33	13	7			12	46	18	8			12	58	23	8			12	71	28	11
16	0	33	13	9	22	0	46	18	10	28	0	59	23	11	34	0	71	28	13			
	4	33	13	13		4	47	18	13		4	59	24	1		4	72	29	2			
	8	35	14	1		8	47	19	3		8	60	24	4		8	72	29	6			
	12	35	14	5		12	48	19	6		12	60	24	8		12	73	29	10			
17	0	36	14	6	23	0	48	19	8	29	0	61	24	9	35	0	73	29	11			
	4	36	14	10		4	49	19	11		4	61	24	13		4	74	30	0			
	8	36	15	0		8	50	20	0		8	62	25	2		8	75	30	3			
	12	38	15	2		12	50	20	4		12	62	25	6		12	75	30	7			
18	0	38	15	4	24	0	50	20	6	30	0	63	25	7	36	0	76	30	8			
	4	38	15	8		4	51	20	9		4	63	25	10		4	77	30	11			
	8	39	15	11		8	51	20	13		8	64	26	0		8	77	31	1			
	12	39	16	1		12	52	21	2		12	64	26	4		12	77	31	5			