

Start weight (kg)	15% loss (kg)	Target weight (kg)	Start weight (kg)	15% loss (kg)	Target weight (kg)	Start weight (kg)	15% loss (kg)	Target weight (kg)	Start weight (kg)	15% loss (kg)	Target weight (kg)	Start weight (kg)	15% loss (kg)	Target weight (kg)
82	12.3	69.7	122	18.3	103.7	162	24.3	137.7	202	30.3	171.7	242	36.3	205.7
84	12.6	71.4	124	18.6	105.4	164	24.6	139.4	204	30.6	173.4	244	36.6	207.4
86	12.9	73.1	126	18.9	107.1	166	24.9	141.1	206	30.9	175.1	246	36.9	209.1
88	13.2	74.8	128	19.2	108.8	168	25.2	142.8	208	31.2	176.8	248	37.2	210.8
90	13.5	76.5	130	19.5	110.5	170	25.5	144.5	210	31.5	178.5	250	37.5	212.5
92	13.8	78.2	132	19.8	112.2	172	25.8	146.2	212	31.8	180.2	252	37.8	214.2
94	14.1	79.9	134	20.1	113.9	174	26.1	147.9	214	32.1	181.9	254	38.1	215.9
96	14.4	81.6	136	20.4	115.6	176	26.4	149.6	216	32.4	183.6	256	38.4	217.6
98	14.7	83.3	138	20.7	117.3	178	26.7	151.3	218	32.7	185.3	258	38.7	219.3
100	15.0	85.0	140	21.0	119.0	180	27.0	153.0	220	33.0	187.0	260	39.0	221.0
102	15.3	86.7	142	21.3	120.7	182	27.3	154.7	222	33.3	188.7	262	39.3	222.7
104	15.6	88.4	144	21.6	122.4	184	27.6	156.4	224	33.6	190.4	264	39.6	224.4
106	15.9	90.1	146	21.9	124.1	186	27.9	158.1	226	33.9	192.1	266	39.9	226.1
108	16.2	91.8	148	22.2	125.8	188	28.2	159.8	228	34.2	193.8	268	40.2	227.8
110	16.5	93.5	150	22.5	127.5	190	28.5	161.5	230	34.5	195.5	270	40.5	229.5
112	16.8	95.2	152	22.8	129.2	192	28.8	163.2	232	34.8	197.2	272	40.8	231.2
114	17.1	96.9	154	23.1	130.9	194	29.1	164.9	234	35.1	198.9	274	41.1	232.9
116	17.4	98.6	156	23.4	132.6	196	29.4	166.6	236	35.4	200.6	276	41.4	234.6
118	17.7	100.3	158	23.7	134.3	198	29.7	168.3	238	35.7	202.3	278	41.7	236.3
120	18.0	102.0	160	24.0	136.0	200	30.0	170.0	240	36.0	204.0	280	42.0	238.0