

Weight loss lookup tables (kg)

Start weight	Gold			Silver			Bronze			Start weight (stones & lbs)
	15% loss	Target weight	TDR weekly loss	10% loss	Target weight	TDR weekly loss	5% loss	Target weight	TDR weekly loss	
220	33.0	187.0	2.8	22.0	198.0	1.8	11.0	209.0	0.9	34st 9lbs
219	32.9	186.2	2.7	21.9	197.1	1.8	11.0	208.1	0.9	34st 7lbs
218	32.7	185.3	2.7	21.8	196.2	1.8	10.9	207.1	0.9	34st 5lbs
217	32.6	184.5	2.7	21.7	195.3	1.8	10.9	206.2	0.9	34st 2lbs
216	32.4	183.6	2.7	21.6	194.4	1.8	10.8	205.2	0.9	34st 0lbs
215	32.3	182.8	2.7	21.5	193.5	1.8	10.8	204.3	0.9	33st 12lbs
214	32.1	181.9	2.7	21.4	192.6	1.8	10.7	203.3	0.9	33st 10lbs
213	32.0	181.1	2.7	21.3	191.7	1.8	10.7	202.4	0.9	33st 8lbs
212	31.8	180.2	2.7	21.2	190.8	1.8	10.6	201.4	0.9	33st 5lbs
211	31.7	179.4	2.6	21.1	189.9	1.8	10.6	200.5	0.9	33st 3lbs
210	31.5	178.5	2.6	21.0	189.0	1.8	10.5	199.5	0.9	33st 1lbs
209	31.4	177.7	2.6	20.9	188.1	1.7	10.5	198.6	0.9	32st 13lbs
208	31.2	176.8	2.6	20.8	187.2	1.7	10.4	197.6	0.9	32st 11lbs
207	31.1	176.0	2.6	20.7	186.3	1.7	10.4	196.7	0.9	32st 8lbs
206	30.9	175.1	2.6	20.6	185.4	1.7	10.3	195.7	0.9	32st 6lbs
205	30.8	174.3	2.6	20.5	184.5	1.7	10.3	194.8	0.9	32st 4lbs
204	30.6	173.4	2.6	20.4	183.6	1.7	10.2	193.8	0.9	32st 2lbs
203	30.5	172.6	2.5	20.3	182.7	1.7	10.2	192.9	0.8	32st 0lbs
202	30.3	171.7	2.5	20.2	181.8	1.7	10.1	191.9	0.8	31st 11lbs
201	30.2	170.9	2.5	20.1	180.9	1.7	10.1	191.0	0.8	31st 9lbs
200	30.0	170.0	2.5	20.0	180.0	1.7	10.0	190.0	0.8	31st 7lbs
199	29.9	169.2	2.5	19.9	179.1	1.7	10.0	189.1	0.8	31st 5lbs
198	29.7	168.3	2.5	19.8	178.2	1.7	9.9	188.1	0.8	31st 3lbs
197	29.6	167.5	2.5	19.7	177.3	1.6	9.9	187.2	0.8	31st 0lbs
196	29.4	166.6	2.5	19.6	176.4	1.6	9.8	186.2	0.8	30st 12lbs
195	29.3	165.8	2.4	19.5	175.5	1.6	9.8	185.3	0.8	30st 10lbs
194	29.1	164.9	2.4	19.4	174.6	1.6	9.7	184.3	0.8	30st 8lbs
193	29.0	164.1	2.4	19.3	173.7	1.6	9.7	183.4	0.8	30st 5lbs
192	28.8	163.2	2.4	19.2	172.8	1.6	9.6	182.4	0.8	30st 3lbs
191	28.7	162.4	2.4	19.1	171.9	1.6	9.6	181.5	0.8	30st 1lbs

Note: To convert kilograms to lbs multiply by 2.2 - and remember there are 14 lbs in a stone
e.g. 10kg = 22lbs = 1st 8lbs or 5kg = 11lbs

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Start weight	Gold			Silver			Bronze			Start weight (stones & lbs)
	15% loss	Target weight	TDR weekly loss	10% loss	Target weight	TDR weekly loss	5% loss	Target weight	TDR weekly loss	
190	28.5	161.5	2.4	19.0	171.0	1.6	9.5	180.5	0.8	29st 13lbs
189	28.4	160.7	2.4	18.9	170.1	1.6	9.5	179.6	0.8	29st 11lbs
188	28.2	159.8	2.4	18.8	169.2	1.6	9.4	178.6	0.8	29st 8lbs
187	28.1	159.0	2.3	18.7	168.3	1.6	9.4	177.7	0.8	29st 6lbs
186	27.9	158.1	2.3	18.6	167.4	1.6	9.3	176.7	0.8	29st 4lbs
185	27.8	157.3	2.3	18.5	166.5	1.5	9.3	175.8	0.8	29st 2lbs
184	27.6	156.4	2.3	18.4	165.6	1.5	9.2	174.8	0.8	29st 0lbs
183	27.5	155.6	2.3	18.3	164.7	1.5	9.2	173.9	0.8	28st 11lbs
182	27.3	154.7	2.3	18.2	163.8	1.5	9.1	172.9	0.8	28st 9lbs
181	27.2	153.9	2.3	18.1	162.9	1.5	9.1	172.0	0.8	28st 7lbs
180	27.0	153.0	2.3	18.0	162.0	1.5	9.0	171.0	0.8	28st 5lbs
179	26.9	152.2	2.2	17.9	161.1	1.5	9.0	170.1	0.7	28st 3lbs
178	26.7	151.3	2.2	17.8	160.2	1.5	8.9	169.1	0.7	28st 0lbs
177	26.6	150.5	2.2	17.7	159.3	1.5	8.9	168.2	0.7	27st 12lbs
176	26.4	149.6	2.2	17.6	158.4	1.5	8.8	167.2	0.7	27st 10lbs
175	26.3	148.8	2.2	17.5	157.5	1.5	8.8	166.3	0.7	27st 8lbs
174	26.1	147.9	2.2	17.4	156.6	1.5	8.7	165.3	0.7	27st 6lbs
173	26.0	147.1	2.2	17.3	155.7	1.4	8.7	164.4	0.7	27st 3lbs
172	25.8	146.2	2.2	17.2	154.8	1.4	8.6	163.4	0.7	27st 1lbs
171	25.7	145.4	2.1	17.1	153.9	1.4	8.6	162.5	0.7	26st 13lbs
170	25.5	144.5	2.1	17.0	153.0	1.4	8.5	161.5	0.7	26st 11lbs
169	25.4	143.7	2.1	16.9	152.1	1.4	8.5	160.6	0.7	26st 9lbs
168	25.2	142.8	2.1	16.8	151.2	1.4	8.4	159.6	0.7	26st 6lbs
167	25.1	142.0	2.1	16.7	150.3	1.4	8.4	158.7	0.7	26st 4lbs
166	24.9	141.1	2.1	16.6	149.4	1.4	8.3	157.7	0.7	26st 2lbs
165	24.8	140.3	2.1	16.5	148.5	1.4	8.3	156.8	0.7	26st 0lbs
164	24.6	139.4	2.1	16.4	147.6	1.4	8.2	155.8	0.7	25st 12lbs
163	24.5	138.6	2.0	16.3	146.7	1.4	8.2	154.9	0.7	25st 9lbs
162	24.3	137.7	2.0	16.2	145.8	1.4	8.1	153.9	0.7	25st 7lbs
161	24.2	136.9	2.0	16.1	144.9	1.3	8.1	153.0	0.7	25st 5lbs

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	15% loss	Target weight	TDR weekly loss	10% loss	Target weight	TDR weekly loss	5% loss	Target weight	TDR weekly loss	
160	24.0	136.0	2.0	16.0	144.0	1.3	8.0	152.0	0.7	25st 3lbs
159	23.9	135.2	2.0	15.9	143.1	1.3	8.0	151.1	0.7	25st 1lbs
158	23.7	134.3	2.0	15.8	142.2	1.3	7.9	150.1	0.7	24st 12lbs
157	23.6	133.5	2.0	15.7	141.3	1.3	7.9	149.2	0.7	24st 10lbs
156	23.4	132.6	2.0	15.6	140.4	1.3	7.8	148.2	0.7	24st 8lbs
155	23.3	131.8	1.9	15.5	139.5	1.3	7.8	147.3	0.6	24st 6lbs
154	23.1	130.9	1.9	15.4	138.6	1.3	7.7	146.3	0.6	24st 4lbs
153	23.0	130.1	1.9	15.3	137.7	1.3	7.7	145.4	0.6	24st 1lbs
152	22.8	129.2	1.9	15.2	136.8	1.3	7.6	144.4	0.6	23st 13lbs
151	22.7	128.4	1.9	15.1	135.9	1.3	7.6	143.5	0.6	23st 11lbs
150	22.5	127.5	1.9	15.0	135.0	1.3	7.5	142.5	0.6	23st 9lbs
149	22.4	126.7	1.9	14.9	134.1	1.2	7.5	141.6	0.6	23st 6lbs
148	22.2	125.8	1.9	14.8	133.2	1.2	7.4	140.6	0.6	23st 4lbs
147	22.1	125.0	1.8	14.7	132.3	1.2	7.4	139.7	0.6	23st 2lbs
146	21.9	124.1	1.8	14.6	131.4	1.2	7.3	138.7	0.6	23st 0lbs
145	21.8	123.3	1.8	14.5	130.5	1.2	7.3	137.8	0.6	22st 12lbs
144	21.6	122.4	1.8	14.4	129.6	1.2	7.2	136.8	0.6	22st 9lbs
143	21.5	121.6	1.8	14.3	128.7	1.2	7.2	135.9	0.6	22st 7lbs
142	21.3	120.7	1.8	14.2	127.8	1.2	7.1	134.9	0.6	22st 5lbs
141	21.2	119.9	1.8	14.1	126.9	1.2	7.1	134.0	0.6	22st 3lbs
140	21.0	119.0	1.8	14.0	126.0	1.2	7.0	133.0	0.6	22st 1lbs
139	20.9	118.2	1.7	13.9	125.1	1.2	7.0	132.1	0.6	21st 12lbs
138	20.7	117.3	1.7	13.8	124.2	1.2	6.9	131.1	0.6	21st 10lbs
137	20.6	116.5	1.7	13.7	123.3	1.1	6.9	130.2	0.6	21st 8lbs
136	20.4	115.6	1.7	13.6	122.4	1.1	6.8	129.2	0.6	21st 6lbs
135	20.3	114.8	1.7	13.5	121.5	1.1	6.8	128.3	0.6	21st 4lbs
134	20.1	113.9	1.7	13.4	120.6	1.1	6.7	127.3	0.6	21st 1lbs
133	20.0	113.1	1.7	13.3	119.7	1.1	6.7	126.4	0.6	20st 13lbs
132	19.8	112.2	1.7	13.2	118.8	1.1	6.6	125.4	0.6	20st 11lbs
131	19.7	111.4	1.6	13.1	117.9	1.1	6.6	124.5	0.5	20st 9lbs

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Start weight	Gold			Silver			Bronze			Start weight (stones & lbs)
	15% loss	Target weight	TDR weekly loss	10% loss	Target weight	TDR weekly loss	5% loss	Target weight	TDR weekly loss	
130	19.5	110.5	1.6	13.0	117.0	1.1	6.5	123.5	0.5	20st 7lbs
129	19.4	109.7	1.6	12.9	116.1	1.1	6.5	122.6	0.5	20st 4lbs
128	19.2	108.8	1.6	12.8	115.2	1.1	6.4	121.6	0.5	20st 2lbs
127	19.1	108.0	1.6	12.7	114.3	1.1	6.4	120.7	0.5	20st 0lbs
126	18.9	107.1	1.6	12.6	113.4	1.1	6.3	119.7	0.5	19st 12lbs
125	18.8	106.3	1.6	12.5	112.5	1.0	6.3	118.8	0.5	19st 10lbs
124	18.6	105.4	1.6	12.4	111.6	1.0	6.2	117.8	0.5	19st 7lbs
123	18.5	104.6	1.5	12.3	110.7	1.0	6.2	116.9	0.5	19st 5lbs
122	18.3	103.7	1.5	12.2	109.8	1.0	6.1	115.9	0.5	19st 3lbs
121	18.2	102.9	1.5	12.1	108.9	1.0	6.1	115.0	0.5	19st 1lbs
120	18.0	102.0	1.5	12.0	108.0	1.0	6.0	114.0	0.5	18st 13lbs
119	17.9	101.2	1.5	11.9	107.1	1.0	6.0	113.1	0.5	18st 10lbs
118	17.7	100.3	1.5	11.8	106.2	1.0	5.9	112.1	0.5	18st 8lbs
117	17.6	99.5	1.5	11.7	105.3	1.0	5.9	111.2	0.5	18st 6lbs
116	17.4	98.6	1.5	11.6	104.4	1.0	5.8	110.2	0.5	18st 4lbs
115	17.3	97.8	1.4	11.5	103.5	1.0	5.8	109.3	0.5	18st 2lbs
114	17.1	96.9	1.4	11.4	102.6	1.0	5.7	108.3	0.5	17st 13lbs
113	17.0	96.1	1.4	11.3	101.7	0.9	5.7	107.4	0.5	17st 11lbs
112	16.8	95.2	1.4	11.2	100.8	0.9	5.6	106.4	0.5	17st 9lbs
111	16.7	94.4	1.4	11.1	99.9	0.9	5.6	105.5	0.5	17st 7lbs
110	16.5	93.5	1.4	11.0	99.0	0.9	5.5	104.5	0.5	17st 5lbs
109	16.4	92.7	1.4	10.9	98.1	0.9	5.5	103.6	0.5	17st 2lbs
108	16.2	91.8	1.4	10.8	97.2	0.9	5.4	102.6	0.5	17st 0lbs
107	16.1	91.0	1.3	10.7	96.3	0.9	5.4	101.7	0.4	16st 12lbs
106	15.9	90.1	1.3	10.6	95.4	0.9	5.3	100.7	0.4	16st 10lbs
105	15.8	89.3	1.3	10.5	94.5	0.9	5.3	99.8	0.4	16st 7lbs
104	15.6	88.4	1.3	10.4	93.6	0.9	5.2	98.8	0.4	16st 5lbs
103	15.5	87.6	1.3	10.3	92.7	0.9	5.2	97.9	0.4	16st 3lbs
102	15.3	86.7	1.3	10.2	91.8	0.9	5.1	96.9	0.4	16st 1lbs
101	15.2	85.9	1.3	10.1	90.9	0.8	5.1	96.0	0.4	15st 13lbs

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Start weight	Gold			Silver			Bronze			Start weight (stones & lbs)
	15% loss	Target weight	TDR weekly loss	10% loss	Target weight	TDR weekly loss	5% loss	Target weight	TDR weekly loss	
100	15.0	85.0	1.3	10.0	90.0	0.8	5.0	95.0	0.4	15st 10lbs
99	14.9	84.2	1.2	9.9	89.1	0.8	5.0	94.1	0.4	15st 8lbs
98	14.7	83.3	1.2	9.8	88.2	0.8	4.9	93.1	0.4	15st 6lbs
97	14.6	82.5	1.2	9.7	87.3	0.8	4.9	92.2	0.4	15st 4lbs
96	14.4	81.6	1.2	9.6	86.4	0.8	4.8	91.2	0.4	15st 2lbs
95	14.3	80.8	1.2	9.5	85.5	0.8	4.8	90.3	0.4	14st 13lbs
94	14.1	79.9	1.2	9.4	84.6	0.8	4.7	89.3	0.4	14st 11lbs
93	14.0	79.1	1.2	9.3	83.7	0.8	4.7	88.4	0.4	14st 9lbs
92	13.8	78.2	1.2	9.2	82.8	0.8	4.6	87.4	0.4	14st 7lbs
91	13.7	77.4	1.1	9.1	81.9	0.8	4.6	86.5	0.4	14st 5lbs
90	13.5	76.5	1.1	9.0	81.0	0.8	4.5	85.5	0.4	14st 2lbs
89	13.4	75.7	1.1	8.9	80.1	0.7	4.5	84.6	0.4	14st 0lbs
88	13.2	74.8	1.1	8.8	79.2	0.7	4.4	83.6	0.4	13st 12lbs
87	13.1	74.0	1.1	8.7	78.3	0.7	4.4	82.7	0.4	13st 10lbs
86	12.9	73.1	1.1	8.6	77.4	0.7	4.3	81.7	0.4	13st 8lbs
85	12.8	72.3	1.1	8.5	76.5	0.7	4.3	80.8	0.4	13st 5lbs
84	12.6	71.4	1.1	8.4	75.6	0.7	4.2	79.8	0.4	13st 3lbs
83	12.5	70.6	1.0	8.3	74.7	0.7	4.2	78.9	0.3	13st 1lbs
82	12.3	69.7	1.0	8.2	73.8	0.7	4.1	77.9	0.3	12st 13lbs
81	12.2	68.9	1.0	8.1	72.9	0.7	4.1	77.0	0.3	12st 11lbs
80	12.0	68.0	1.0	8.0	72.0	0.7	4.0	76.0	0.3	12st 8lbs
79	11.9	67.2	1.0	7.9	71.1	0.7	4.0	75.1	0.3	12st 6lbs
78	11.7	66.3	1.0	7.8	70.2	0.7	3.9	74.1	0.3	12st 4lbs
77	11.6	65.5	1.0	7.7	69.3	0.6	3.9	73.2	0.3	12st 2lbs
76	11.4	64.6	1.0	7.6	68.4	0.6	3.8	72.2	0.3	12st 0lbs
75	11.3	63.8	0.9	7.5	67.5	0.6	3.8	71.3	0.3	11st 11lbs
74	11.1	62.9	0.9	7.4	66.6	0.6	3.7	70.3	0.3	11st 9lbs
73	11.0	62.1	0.9	7.3	65.7	0.6	3.7	69.4	0.3	11st 7lbs
72	10.8	61.2	0.9	7.2	64.8	0.6	3.6	68.4	0.3	11st 5lbs
71	10.7	60.4	0.9	7.1	63.9	0.6	3.6	67.5	0.3	11st 3lbs

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70	10.5	59.5	0.9	7.0	63.0	0.6	3.5	66.5	0.3	11st 0lbs
69	10.4	58.7	0.9	6.9	62.1	0.6	3.5	65.6	0.3	10st 12lbs
68	10.2	57.8	0.9	6.8	61.2	0.6	3.4	64.6	0.3	10st 10lbs
67	10.1	57.0	0.8	6.7	60.3	0.6	3.4	63.7	0.3	10st 8lbs
66	9.9	56.1	0.8	6.6	59.4	0.6	3.3	62.7	0.3	10st 6lbs
65	9.8	55.3	0.8	6.5	58.5	0.5	3.3	61.8	0.3	10st 3lbs
64	9.6	54.4	0.8	6.4	57.6	0.5	3.2	60.8	0.3	10st 1lbs
63	9.5	53.6	0.8	6.3	56.7	0.5	3.2	59.9	0.3	9st 13lbs
62	9.3	52.7	0.8	6.2	55.8	0.5	3.1	58.9	0.3	9st 11lbs
61	9.2	51.9	0.8	6.1	54.9	0.5	3.1	58.0	0.3	9st 8lbs
60	9.0	51.0	0.8	6.0	54.0	0.5	3.0	57.0	0.3	9st 6lbs
59	8.9	50.2	0.7	5.9	53.1	0.5	3.0	56.1	0.2	9st 4lbs
58	8.7	49.3	0.7	5.8	52.2	0.5	2.9	55.1	0.2	9st 2lbs
57	8.6	48.5	0.7	5.7	51.3	0.5	2.9	54.2	0.2	9st 0lbs
56	8.4	47.6	0.7	5.6	50.4	0.5	2.8	53.2	0.2	8st 11lbs
55	8.3	46.8	0.7	5.5	49.5	0.5	2.8	52.3	0.2	8st 9lbs
54	8.1	45.9	0.7	5.4	48.6	0.5	2.7	51.3	0.2	8st 7lbs
53	8.0	45.1	0.7	5.3	47.7	0.4	2.7	50.4	0.2	8st 5lbs
52	7.8	44.2	0.7	5.2	46.8	0.4	2.6	49.4	0.2	8st 3lbs
51	7.7	43.4	0.6	5.1	45.9	0.4	2.6	48.5	0.2	8st 0lbs
50	7.5	42.5	0.6	5.0	45.0	0.4	2.5	47.5	0.2	7st 12lbs
49	7.4	41.7	0.6	4.9	44.1	0.4	2.5	46.6	0.2	7st 10lbs
48	7.2	40.8	0.6	4.8	43.2	0.4	2.4	45.6	0.2	7st 8lbs
47	7.1	40.0	0.6	4.7	42.3	0.4	2.4	44.7	0.2	7st 6lbs
46	6.9	39.1	0.6	4.6	41.4	0.4	2.3	43.7	0.2	7st 3lbs
45	6.8	38.3	0.6	4.5	40.5	0.4	2.3	42.8	0.2	7st 1lbs
44	6.6	37.4	0.6	4.4	39.6	0.4	2.2	41.8	0.2	6st 13lbs

Note: To convert kilograms to lbs multiply by 2.2 - and remember there are 14 lbs in a stone
e.g. 10kg = 22lbs = 1st 8lbs or 5kg = 11lbs