

Height Conversion Table

Height (m)	Height (feet & inches)
1.37	4 ft 6 in
1.40	4 ft 7 in
1.42	4 ft 8 in
1.45	4 ft 9 in
1.47	4 ft 10 in
1.50	4 ft 11 in
1.52	5 ft 0 in
1.55	5 ft 1 in
1.57	5 ft 2 in
1.60	5 ft 3 in
1.63	5 ft 4 in

Height (m)	Height (feet & inches)
1.65	5 ft 5 in
1.68	5 ft 6 in
1.70	5 ft 7 in
1.73	5 ft 8 in
1.75	5 ft 9 in
1.78	5 ft 10 in
1.80	5 ft 11 in
1.83	6 ft 0 in
1.85	6 ft 1 in
1.88	6 ft 2 in
1.91	6 ft 3 in

Height (m)	Height (feet & inches)
1.93	6 ft 4 in
1.96	6 ft 5 in
1.98	6 ft 6 in
2.01	6 ft 7 in
2.03	6 ft 8 in
2.06	6 ft 9 in
2.08	6 ft 10 in
2.11	6 ft 11 in
2.13	7 ft 0 in

Weight Conversion Table

Weight (kilograms)	Weight (stone & pounds)
57.2	9 stone
60.3	9 st 7 lbs
63.5	10 stone
66.7	10 st 7 lbs
68.0	11 stone
73.0	11 st 7 lbs
76.2	12 stone
79.4	12 st 7 lbs
82.6	13 stone
85.7	13 st 7 lbs

Weight (kilograms)	Weight (stone & pounds)
88.9	14 stone
92.1	14 st 7 lbs
95.3	15 stone
98.4	15 st 7 lbs
101.6	16 stone
104.8	16 st 7 lbs
108.0	17 stone
111.1	17 st 7 lbs
114.3	18 stone
117.5	18 st 7 lbs

Weight (kilograms)	Weight (stone & pounds)
120.7	19 stone
123.8	19 st 7 lbs
127.0	20 stone
130.2	20 st 7 lbs
133.4	21 stone
136.5	21 st 7 lbs
139.7	22 stone
142.9	22 st 7 lbs
146.1	23 stone
149.2	23 st 7 lbs

1 kilogram = 2.205 lbs
1 stone = 14 lbs

To convert kilograms to pounds multiply by 2.205
Example: 64 kilograms x 2.205 = 141 pounds (10 stone 1 pound)

Weight Loss Amounts

Weight (pounds)	Weight (stone & pounds)	Weight (kilograms)
20 lbs	1 stone 1 lbs	9.1
30 lbs	2 stone 2 lbs	13.6
40 lbs	2 stone 12 lbs	18.1
50 lbs	3 stone 8 lbs	22.7
60 lbs	4 stone 4 lbs	27.2
75 lbs	5 stone 5 lbs	34.0
100 lbs	7 stone 2 lbs	45.4
125 lbs	8 stone 13 lbs	56.7
150 lbs	10 stone 10 lbs	68.0