

Weight Loss Amounts

Weight (pounds)	Weight (stone & pounds)	Weight (kilograms)
20 lbs	1 stone 6 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