

Step 2 – Weight loss score

Score 0 Wt loss < 5%	Score 1 Wt loss 5 - 10%	Score 2 Wt loss > 10%
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Weight loss in last
3 to 6 months

kg	Less than (kg)	Between (kg)	More than (kg)
30	1.6	1.6 - 3.3	3.3
31	1.6	1.6 - 3.4	3.4
32	1.7	1.7 - 3.6	3.6
33	1.7	1.7 - 3.7	3.7
34	1.8	1.8 - 3.8	3.8
35	1.8	1.8 - 3.9	3.9
36	1.9	1.9 - 4.0	4.0
37	1.9	1.9 - 4.1	4.1
38	2.0	2.0 - 4.2	4.2
39	2.1	2.1 - 4.3	4.3
40	2.1	2.1 - 4.4	4.4
41	2.2	2.2 - 4.6	4.6
42	2.2	2.2 - 4.7	4.7
43	2.3	2.3 - 4.8	4.8
44	2.3	2.3 - 4.9	4.9
45	2.4	2.4 - 5.0	5.0
46	2.4	2.4 - 5.1	5.1
47	2.5	2.5 - 5.2	5.2
48	2.5	2.5 - 5.3	5.3
49	2.6	2.6 - 5.4	5.4
50	2.6	2.6 - 5.6	5.6
51	2.7	2.7 - 5.7	5.7
52	2.7	2.7 - 5.8	5.8
53	2.8	2.8 - 5.9	5.9
54	2.8	2.8 - 6.0	6.0
55	2.9	2.9 - 6.1	6.1
56	2.9	2.9 - 6.2	6.2
57	3.0	3.0 - 6.3	6.3
58	3.1	3.1 - 6.4	6.4
59	3.1	3.1 - 6.6	6.6
60	3.2	3.2 - 6.7	6.7
61	3.2	3.2 - 6.8	6.8
62	3.3	3.3 - 6.9	6.9
63	3.3	3.3 - 7.0	7.0
64	3.4	3.4 - 7.1	7.1

Score 0 Wt loss < 5%	Score 1 Wt loss 5 - 10%	Score 2 Wt loss > 10%
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Weight loss in last
3 to 6 months

kg	Less than (kg)	Between (kg)	More than (kg)
65	3.4	3.4 - 7.2	7.2
66	3.5	3.5 - 7.3	7.3
67	3.5	3.5 - 7.4	7.4
68	3.6	3.6 - 7.6	7.6
69	3.6	3.6 - 7.7	7.7
70	3.7	3.7 - 7.8	7.8
71	3.7	3.7 - 7.9	7.9
72	3.8	3.8 - 8.0	8.0
73	3.8	3.8 - 8.1	8.1
74	3.9	3.9 - 8.2	8.2
75	3.9	3.9 - 8.3	8.3
76	4.0	4.0 - 8.4	8.4
77	4.1	4.1 - 8.6	8.6
78	4.1	4.1 - 8.6	8.7
79	4.2	4.2 - 8.7	8.8
80	4.2	4.2 - 8.9	8.9
81	4.3	4.3 - 9.0	9.0
82	4.3	4.3 - 9.1	9.1
83	4.4	4.4 - 9.2	9.2
84	4.4	4.4 - 9.3	9.3
85	4.5	4.5 - 9.4	9.4
86	4.5	4.5 - 9.6	9.6
87	4.6	4.6 - 9.7	9.7
88	4.6	4.6 - 9.8	9.8
89	4.7	4.7 - 9.9	9.9
90	4.7	4.7 - 10.0	10.0
91	4.8	4.8 - 10.1	10.1
92	4.8	4.8 - 10.2	10.2
93	4.9	4.9 - 10.3	10.3
94	4.9	4.9 - 10.4	10.4
95	5.0	5.0 - 10.6	10.6
96	5.1	5.1 - 10.7	10.7
97	5.1	5.1 - 10.8	10.8
98	5.2	5.2 - 10.9	10.9
99	5.2	5.2 - 11.0	11.0

Score 0 Wt loss < 5%	Score 1 Wt loss 5 - 10%	Score 2 Wt loss > 10%
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Weight loss in last
3 to 6 months

kg	Less than (kg)	Between (kg)	More than (kg)
100	5.3	5.3 - 11.1	11.1
101	5.3	5.3 - 11.2	11.2
102	5.4	5.4 - 11.3	11.3
103	5.4	5.4 - 11.4	11.4
104	5.5	5.5 - 11.6	11.6
105	5.5	5.5 - 11.7	11.7
106	5.6	5.6 - 11.8	11.8
107	5.6	5.6 - 11.9	11.9
108	5.7	5.7 - 12.0	12.0
109	5.7	5.7 - 12.1	12.1
110	5.8	5.8 - 12.2	12.2
111	5.8	5.8 - 12.3	12.3
112	5.9	5.9 - 12.4	12.4
113	5.9	5.9 - 12.6	12.6
114	6.0	6.0 - 12.7	12.7
115	6.1	6.1 - 12.8	12.8
116	6.1	6.1 - 12.9	12.9
117	6.2	6.2 - 13.0	13.0
118	6.2	6.2 - 13.1	13.1
119	6.3	6.3 - 13.2	13.2
120	6.3	6.3 - 13.3	13.3
121	6.4	6.4 - 13.4	13.4
122	6.4	6.4 - 13.6	13.6
123	6.5	6.5 - 13.7	13.7
124	6.5	6.5 - 13.8	13.8
125	6.6	6.6 - 13.9	13.9
126	6.6	6.6 - 14.0	14.0
127	6.7	6.7 - 14.1	14.1
128	6.7	6.7 - 14.2	14.2
129	6.8	6.8 - 14.3	14.3
130	6.8	6.8 - 14.4	14.4
131	6.9	6.9 - 14.6	14.6
132	6.9	6.9 - 14.7	14.7
133	7.0	7.0 - 14.8	14.8
134	7.1	7.1 - 14.9	14.9

Score 0 Wt loss < 5%	Score 1 Wt loss 5 - 10%	Score 2 Wt loss > 10%
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Weight loss in last
3 to 6 months

kg	Less than (kg)	Between (kg)	More than (kg)
135	7.1	7.1 - 15.0	15.0
136	7.2	7.2 - 15.1	15.1
137	7.2	7.2 - 15.2	15.2
138	7.3	7.3 - 15.3	15.3
139	7.3	7.3 - 15.4	15.4
140	7.4	7.4 - 15.6	15.6
141	7.4	7.4 - 15.7	15.7
142	7.5	7.5 - 15.8	15.8
143	7.5	7.5 - 15.9	15.9
144	7.6	7.6 - 16.0	16.0
145	7.6	7.6 - 16.1	16.1
146	7.7	7.7 - 16.2	16.2
147	7.7	7.7 - 16.3	16.3
148	7.8	7.8 - 16.4	16.4
149	7.8	7.8 - 16.6	16.6
150	7.9	7.9 - 16.7	16.7
151	7.9	7.9 - 16.8	16.8
152	8.0	8.0 - 16.9	16.9
153	8.1	8.1 - 17.0	17.0
154	8.1	8.1 - 17.1	17.1
155	8.2	8.2 - 17.2	17.2
156	8.2	8.2 - 17.3	17.3
157	8.3	8.3 - 17.6	17.4
158	8.3	8.3 - 17.6	17.6
159	8.4	8.4 - 17.7	17.7
160	8.4	8.4 - 17.8	17.8
161	8.5	8.5 - 17.9	17.9
162	8.5	8.5 - 18.0	18.0
163	8.6	8.6 - 18.1	18.1
164	8.6	8.6 - 18.2	18.2
165	8.7	8.7 - 18.3	18.3
166	8.7	8.7 - 18.4	18.4
167	8.8	8.8 - 18.6	18.6
168	8.8	8.8 - 18.7	18.7
169	8.9	8.9 - 18.8	18.8

Current weight

Current weight