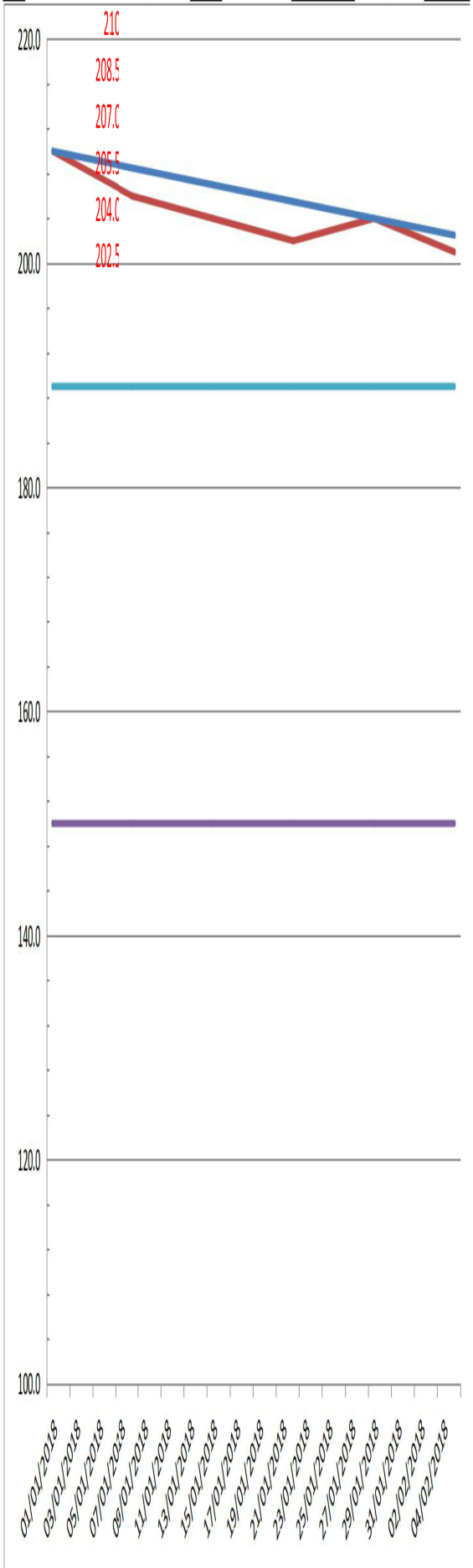
Slimming World Weight Loss Tracker

Date		Wks	Stones	Pounds	Lbs	Kilos	Real
01/01/2018	Mon		15	0.0	210.0	95.3	Yes
08/01/2018	Mon	1	14	10.0	206.0	93.4	Yes
15/01/2018	Mon	2	14	8.0	204.0	92.5	Yes
22/01/2018	Mon	3	14	6.0	202.0	91.6	Yes
29/01/2018	Mon	4	14	8.0	204.0	92.5	Yes
05/02/2018	Mon	5	14	5.0	201.0	91.2	Yes

Week Loss	Total Loss	Stones Loss	Goal
4.0	4.0	0 st 4 lbs	1.5 ✓
2.0	6.0	0 st 6 lbs	3.0 ✓
2.0	8.0	0 st 8 lbs	4.5 ✓
-2.0	6.0	0 st 6 lbs	6.0 ✓
3.0	9.0	0 st 9 lbs	7.5 ✓

BMI	Target	Countdown
42.3		
41.5		
41.1		
40.7	Half Stone	1
41.1		2
40.5		3

Progress Against Goal

1.5 lbs/week Target (lbs): 150 Club 10 13 st 7 lbs Height (m): 1.5