



BAPEN
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Step 2 – Weight loss score

KILOGRAMS

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

STONES AND POUNDS

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

st lb	Less than (st lb)	Between (st lb)	More than (st lb)
4 10	0 3	0 3 - 0 7	0 7
4 12	0 4	0 4 - 0 8	0 8
5 1	0 4	0 4 - 0 8	0 8
5 3	0 4	0 4 - 0 8	0 8
5 5	0 4	0 4 - 0 8	0 8
5 7	0 4	0 4 - 0 9	0 9
5 9	0 4	0 4 - 0 9	0 9
5 12	0 4	0 4 - 0 9	0 9
6 0	0 4	0 4 - 0 9	0 9
6 2	0 5	0 5 - 0 10	0 10
6 4	0 5	0 5 - 0 10	0 10
6 6	0 5	0 5 - 0 10	0 10
6 9	0 5	0 5 - 0 10	0 10
6 11	0 5	0 5 - 0 11	0 11
6 13	0 5	0 5 - 0 11	0 11
7 1	0 5	0 5 - 0 11	0 11
7 3	0 5	0 5 - 0 11	0 11
7 6	0 5	0 5 - 0 12	0 12
7 8	0 6	0 6 - 0 12	0 12
7 10	0 6	0 6 - 0 12	0 12
7 12	0 6	0 6 - 0 12	0 12
8 0	0 6	0 6 - 0 12	0 12
8 3	0 6	0 6 - 0 13	0 13
8 5	0 6	0 6 - 0 13	0 13
8 7	0 6	0 6 - 0 13	0 13
8 9	0 6	0 6 - 0 13	0 13
8 11	0 6	0 6 - 1 0	1 0
9 0	0 7	0 7 - 1 0	1 0
9 2	0 7	0 7 - 1 0	1 0
9 4	0 7	0 7 - 1 0	1 0
9 6	0 7	0 7 - 1 1	1 1
9 8	0 7	0 7 - 1 1	1 1
9 11	0 7	0 7 - 1 1	1 1
9 13	0 7	0 7 - 1 1	1 1
10 1	0 7	0 7 - 1 2	1 2

KILOGRAMS

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

STONES AND POUNDS

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

st lb	Less than (st lb)	Between (st lb)	More than (st lb)
10 3	0 8	0 8 - 1 2	1 2
10 6	0 8	0 8 - 1 2	1 2
10 8	0 8	0 8 - 1 2	1 2
10 10	0 8	0 8 - 1 3	1 3
10 12	0 8	0 8 - 1 3	1 3
11 0	0 8	0 8 - 1 3	1 3
11 3	0 8	0 8 - 1 3	1 3
11 5	0 8	0 8 - 1 4	1 4
11 7	0 8	0 8 - 1 4	1 4
11 9	0 9	0 9 - 1 4	1 4
11 11	0 9	0 9 - 1 4	1 4
12 0	0 9	0 9 - 1 5	1 5
12 2	0 9	0 9 - 1 5	1 5
12 4	0 9	0 9 - 1 5	1 5
12 6	0 9	0 9 - 1 5	1 5
12 8	0 9	0 9 - 1 6	1 6
12 11	0 9	0 9 - 1 6	1 6
12 13	0 10	0 10 - 1 6	1 6
13 1	0 10	0 10 - 1 6	1 6
13 3	0 10	0 10 - 1 7	1 7
13 5	0 10	0 10 - 1 7	1 7
13 8	0 10	0 10 - 1 7	1 7
13 10	0 10	0 10 - 1 7	1 7
13 12	0 10	0 10 - 1 8	1 8
14 0	0 10	0 10 - 1 8	1 8
14 2	0 10	0 10 - 1 8	1 8
14 5	0 11	0 11 - 1 8	1 8
14 7	0 11	0 11 - 1 9	1 9
14 9	0 11	0 11 - 1 9	1 9
14 11	0 11	0 11 - 1 9	1 9
14 13	0 11	0 11 - 1 9	1 9
15 2	0 11	0 11 - 1 10	1 10
15 4	0 11	0 11 - 1 10	1 10
15 6	0 11	0 11 - 1 10	1 10
15 8	0 11	0 11 - 1 10	1 10

Current weight

Current weight