

WEIGHT LOSS AND WEIGHT CONVERSION CHART

Birth Weight		10% Weight Loss	
lbs., oz.	Kilograms	lbs., oz.	Kilograms
4 lbs., 8 oz.	2.04	4 lbs., 1 oz.	1.84
4 lbs., 10 oz.	2.10	4 lbs., 3 oz.	1.89
4 lbs., 12 oz.	2.15	4 lbs., 4 oz.	1.94
4 lbs., 14 oz.	2.21	4 lbs., 6 oz.	1.99
5 lbs.	2.27	4 lbs., 8 oz.	2.04
5 lbs., 2 oz.	2.32	4 lbs., 10 oz.	2.09
5 lbs., 4 oz.	2.38	4 lbs., 12 oz.	2.14
5 lbs., 6 oz.	2.44	4 lbs., 13 oz.	2.19
5 lbs., 8 oz.	2.49	4 lbs., 15 oz.	2.25
5 lbs., 10 oz.	2.55	5 lbs., 1 oz.	2.30
5 lbs., 12 oz.	2.61	5 lbs., 3 oz.	2.35
5 lbs., 14 oz.	2.66	5 lbs., 5 oz.	2.40
6 lbs.	2.72	5 lbs., 6 oz.	2.45
6 lbs., 2 oz.	2.78	5 lbs., 8 oz.	2.50
6 lbs., 4 oz.	2.84	5 lbs., 10 oz.	2.55
6 lbs., 6 oz.	2.89	5 lbs., 12 oz.	2.60
6 lbs., 8 oz.	2.95	5 lbs., 14 oz.	2.65
6 lbs., 10 oz.	3.01	5 lbs., 15 oz.	2.70
6 lbs., 12 oz.	3.06	6 lbs., 1 oz.	2.76
6 lbs., 14 oz.	3.12	6 lbs., 3 oz.	2.81
7 lbs.	3.18	6 lbs., 5 oz.	2.86
7 lbs., 2 oz.	3.23	6 lbs., 7 oz.	2.91
7 lbs., 4 oz.	3.29	6 lbs., 8 oz.	2.96
7 lbs., 6 oz.	3.35	6 lbs., 10 oz.	3.01
7 lbs., 8 oz.	3.40	6 lbs., 12 oz.	3.06
7 lbs., 10 oz.	3.46	6 lbs., 14 oz.	3.11
7 lbs., 12 oz.	3.52	7 lbs.	3.16
7 lbs., 14 oz.	3.57	7 lbs., 1 oz.	3.21
8 lbs.	3.63	7 lbs., 3 oz.	3.27
8 lbs., 2 oz.	3.69	7 lbs., 5 oz.	3.32
8 lbs., 4 oz.	3.74	7 lbs., 7 oz.	3.37
8 lbs., 6 oz.	3.80	7 lbs., 9 oz.	3.42
8 lbs., 8 oz.	3.86	7 lbs., 10 oz.	3.47
8 lbs., 10 oz.	3.91	7 lbs., 12 oz.	3.52
8 lbs., 12 oz.	3.97	7 lbs., 14 oz.	3.57
8 lbs., 14 oz.	4.03	8 lbs.	3.62
9 lbs.	4.08	8 lbs., 2 oz.	3.67
9 lbs., 2 oz.	4.14	8 lbs., 3 oz.	3.73
9 lbs., 4 oz.	4.20	8 lbs., 5 oz.	3.78
9 lbs., 6 oz.	4.25	8 lbs., 7 oz.	3.83
9 lbs., 8 oz.	4.31	8 lbs., 9 oz.	3.88
9 lbs., 10 oz.	4.37	8 lbs., 11 oz.	3.93
9 lbs., 12 oz.	4.42	8 lbs., 12 oz.	3.98
9 lbs., 14 oz.	4.48	8 lbs., 14 oz.	4.03
10 lbs.	4.54	9 lbs.	4.08
10 lbs., 2 oz.	4.59	9 lbs., 2 oz.	4.13
10 lbs., 4 oz.	4.65	9 lbs., 4 oz.	4.18
10 lbs., 6 oz.	4.71	9 lbs., 5 oz.	4.24
10 lbs., 8 oz.	4.76	9 lbs., 7 oz.	4.29