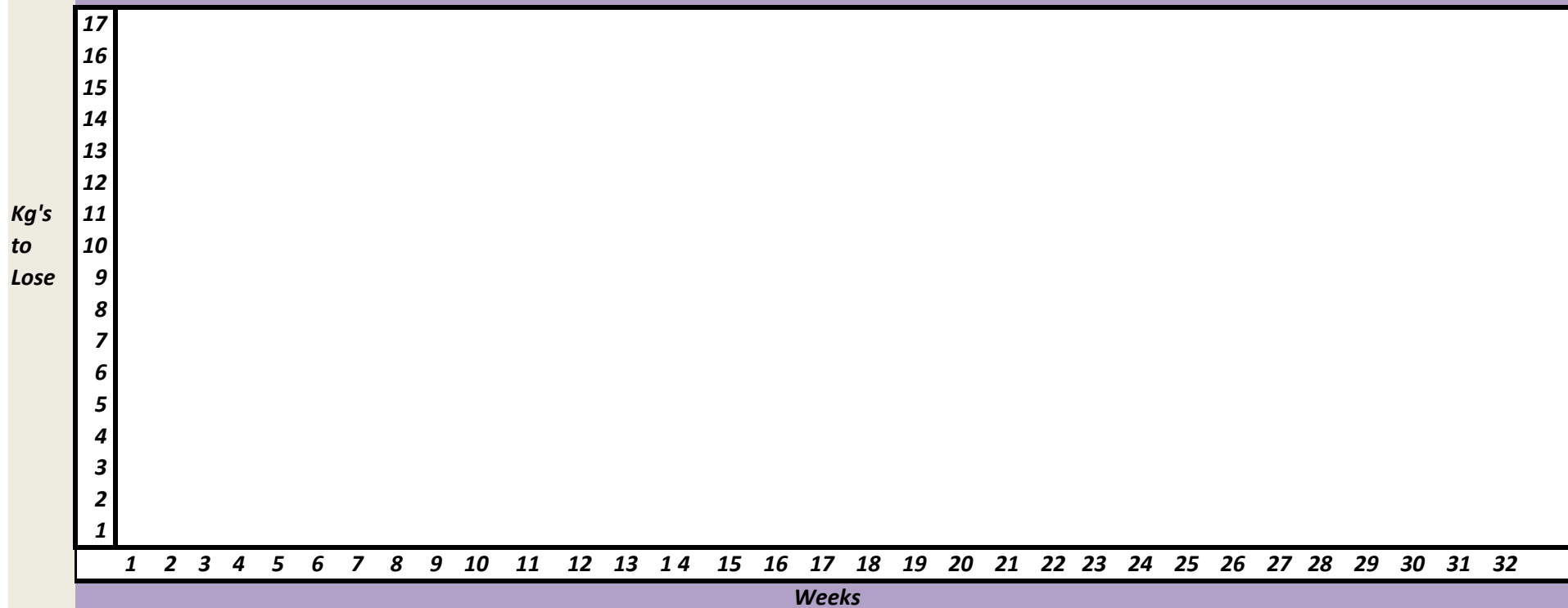


Set your Weightloss Target



Starting weight

Kg's to lose

Ideal Weight

no. Weeks to Ideal Weight

Starting weight minus Ideal Weight = Kg's to lose

Kg's to lose

Kg's to Lose/no. Wks to Ideal Weight = Kg's to Lose per Wk

Kilos to Lose per Week