

## WEIGHT LOSS PERCENTAGES

Starting weight	weight loss				
	5 lbs	10 lbs	15 lbs	20 lbs	25 lbs
250	2.00%	4.00%	6.00%	8.00%	10.00%
240	2.08%	4.17%	6.25%	8.33%	10.42%
230	2.17%	4.35%	6.52%	8.70%	10.87%
220	2.27%	4.55%	6.82%	9.09%	11.36%
210	2.38%	4.76%	7.14%	9.52%	11.90%
200	2.50%	5.00%	7.50%	10.00%	12.50%
190	2.63%	5.26%	7.89%	10.53%	13.16%
180	2.78%	5.56%	8.33%	11.11%	13.89%
170	2.94%	5.88%	8.82%	11.76%	14.71%
160	3.13%	6.25%	9.38%	12.50%	15.63%
150	3.33%	6.67%	10.00%	13.33%	16.67%
140	3.57%	7.14%	10.71%	14.29%	17.86%
130	3.85%	7.69%	11.54%	15.38%	19.23%
120	4.17%	8.33%	12.50%	16.67%	20.83%

The team result is derived from the average of the percentage of weight loss of each member of the group.

If a group member does not weigh in then their weight loss percentage for that week will be 0%.