Metric Weight Loss Chart

Start Weight (kg)

Start Date

Goal Weight (kg)

Goal Date

kg

(+2)

(0)

0

7

1

4

2

1

2

8

3

5

4

2

4

9

5

6

6

3

(-2)

(-4)

(-6)

(-8)

(+10))

Days Ideal-Weight-Charts.com