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