

OPTIMAL WEEKLY WEIGHT LOSS

BODY WEIGHT (lbs)	MIN. WEIGHT LOSS (lbs/week)	MAX. WEIGHT LOSS (lbs/week)
150	0.75	1.5
160	0.80	1.6
170	0.85	1.7
180	0.90	1.8
190	0.95	1.9
200	1.00	2.0
210	1.05	2.1
220	1.10	2.2
230	1.15	2.3
240	1.20	2.4
250	1.25	2.5

