

Resource: Significant Weight Change

Significant and severe weight change is defined as follows:

Time Interval	Significant Change	Severe Change
1 Week	1-2%	Greater than 1-2%
1 Month	5%	Greater than 5%
3 Months	7.5%	Greater than 7.5%
6 Months	10%	Greater than 10%

Weights should be monitored monthly for significant/severe change and documented accordingly. If the weight is in question, first ask appropriate staff to reweigh the individual to assure an accurate weight.

- For weight loss, follow your Significant Weight Loss policy and procedure.
- For weight gain, follow your Significant Weight Gain policy and procedure.

The following tables are provided to assist with calculation and assessment of significant/severe changes in weight.

Resource: Significant Weight Change Chart

Time Interval	Significant Change	Severe Change
1 Month	5%	Greater than 5%
3 Months	7.5%	Greater than 7.5%
6 Months	10%	Greater than 10%

Weight	5% ↓	5% ↑	7.5% ↓	7.5% ↑	10% ↓	10% ↑
70	66.50	- 73.50	64.75	- 75.25	63.00	- 77.00
71	67.45	- 74.55	65.68	- 76.33	63.90	- 78.10
72	68.40	- 75.60	66.60	- 77.40	64.80	- 79.20
73	69.35	- 76.65	67.53	- 78.48	65.70	- 80.30
74	70.30	- 77.70	68.45	- 79.55	66.60	- 81.40
75	71.25	- 78.75	69.38	- 80.63	67.50	- 82.50
76	72.20	- 79.80	70.30	- 81.70	68.40	- 83.60
77	73.15	- 80.85	71.23	- 82.78	69.30	- 84.70
78	74.10	- 81.90	72.15	- 83.85	70.20	- 85.80
79	75.05	- 82.95	73.08	- 84.93	71.10	- 86.90
80	76.00	- 84.00	74.00	- 86.00	72.00	- 88.00
81	76.95	- 85.05	74.93	- 87.08	72.90	- 89.10
82	77.90	- 86.10	75.85	- 88.15	73.80	- 90.20
83	78.85	- 87.15	76.78	- 89.23	74.70	- 91.30
84	79.80	- 88.20	77.70	- 90.30	75.60	- 92.40
85	80.75	- 89.25	78.63	- 91.38	76.50	- 93.50
86	81.70	- 90.30	79.55	- 92.45	77.40	- 94.60
87	82.65	- 91.35	80.48	- 93.53	78.30	- 95.70
88	83.60	- 92.40	81.40	- 94.60	79.20	- 96.80
89	84.55	- 93.45	82.33	- 95.68	80.10	- 97.90
90	85.50	- 94.50	83.25	- 96.75	81.00	- 99.00
91	86.45	- 95.55	84.18	- 97.83	81.90	- 100.10
92	87.40	- 96.60	85.10	- 98.90	82.80	- 101.20
93	88.35	- 97.65	86.03	- 99.98	83.70	- 102.30
94	89.30	- 98.70	86.95	- 101.50	84.60	- 103.40
95	90.25	- 99.75	87.88	- 102.13	85.50	- 104.50
96	91.20	- 100.80	88.80	- 103.20	86.40	- 105.60
97	92.15	- 101.85	89.73	- 104.28	87.30	- 106.70
98	93.10	- 102.90	90.65	- 105.35	88.20	- 107.80
99	94.05	- 103.95	91.53	- 106.43	89.10	- 108.90
100	95.00	- 105.00	92.50	- 107.50	90.00	- 110.00
101	95.95	- 106.05	93.43	- 108.58	90.90	- 111.10
102	96.90	- 107.10	94.35	- 109.65	91.80	- 112.20
103	97.85	- 108.15	95.28	- 110.73	92.70	- 113.30
104	98.80	- 109.20	96.20	- 111.80	93.60	- 114.40
105	99.75	- 110.25	97.13	- 112.88	94.50	- 115.50
106	100.70	- 111.30	98.05	- 113.95	95.40	- 116.60
107	101.65	- 112.35	98.98	- 115.03	96.30	- 117.70
108	102.60	- 113.40	99.90	- 116.10	97.20	- 118.80
109	103.55	- 114.45	100.83	- 117.18	98.10	- 119.90
110	104.50	- 115.50	101.75	- 118.25	99.00	- 121.00
111	105.45	- 116.55	102.68	- 119.33	99.90	- 122.10
112	106.40	- 117.60	103.60	- 120.40	100.80	- 123.20
113	107.35	- 118.65	104.53	- 121.48	101.70	- 124.30
114	108.30	- 119.70	105.45	- 122.55	102.60	- 125.40
115	109.25	- 120.75	106.38	- 123.63	103.50	- 126.50

Resource: Significant Weight Change Chart

Time Interval	Significant Change	Severe Change
1 Month	5%	Greater than 5%
3 Months	7.5%	Greater than 7.5%
6 Months	10%	Greater than 10%

Weight	5% ↓	-	5% ↑	7.5% ↓	-	7.5% ↑	10% ↓	-	10% ↑
116	110.20	-	121.80	107.30	-	124.70	104.40	-	127.60
117	111.15	-	122.85	108.23	-	125.78	105.30	-	128.70
118	112.10	-	123.90	109.15	-	126.85	106.20	-	129.80
119	113.05	-	124.95	110.08	-	127.93	107.10	-	130.90
120	114.00	-	126.00	111.00	-	129.00	108.00	-	132.00
121	114.95	-	127.05	111.93	-	130.08	108.90	-	133.10
122	115.90	-	128.10	112.85	-	131.15	109.80	-	134.20
123	116.85	-	129.15	113.78	-	132.23	110.70	-	135.30
124	117.80	-	130.20	114.70	-	133.30	111.60	-	136.40
125	118.75	-	131.25	115.63	-	134.38	112.50	-	137.50
126	119.70	-	132.30	116.55	-	135.45	113.40	-	138.60
127	120.65	-	133.35	117.48	-	136.53	114.30	-	139.70
128	121.60	-	134.40	118.40	-	137.60	115.20	-	140.80
129	122.55	-	135.45	119.33	-	138.68	116.10	-	141.90
130	123.50	-	136.50	120.25	-	139.75	117.00	-	143.00
131	124.45	-	137.55	121.18	-	140.83	117.90	-	144.10
132	125.40	-	138.60	122.10	-	141.90	118.80	-	145.20
133	126.35	-	139.65	123.03	-	142.98	119.70	-	146.30
134	127.30	-	140.70	123.95	-	144.05	120.60	-	147.40
135	128.25	-	141.75	124.88	-	145.13	121.50	-	148.50
136	129.20	-	142.80	125.80	-	146.20	122.40	-	149.60
137	130.15	-	143.85	126.73	-	147.28	123.30	-	150.70
138	131.10	-	144.90	127.65	-	148.35	124.20	-	151.80
139	132.02	-	145.95	128.58	-	149.43	125.10	-	152.90
140	133.00	-	147.00	129.50	-	150.50	126.00	-	154.00
141	133.95	-	148.05	130.43	-	151.58	126.90	-	155.10
142	134.90	-	149.10	131.35	-	152.68	127.80	-	156.20
143	135.85	-	150.15	132.28	-	153.73	128.70	-	157.30
144	136.80	-	152.25	133.20	-	154.80	129.60	-	158.40
145	137.75	-	153.30	134.13	-	155.80	130.50	-	159.50
146	138.70	-	154.35	135.05	-	156.95	131.40	-	160.60
147	139.65	-	155.40	135.98	-	158.03	132.30	-	161.70
148	140.60	-	156.45	136.90	-	159.10	133.20	-	162.80
149	141.55	-	157.50	137.83	-	160.18	134.10	-	163.90
150	142.50	-	158.55	138.75	-	161.25	135.00	-	165.00
151	143.45	-	159.60	139.68	-	162.33	135.90	-	166.10
152	144.40	-	160.65	140.60	-	163.40	136.80	-	167.20
153	145.35	-	161.70	141.53	-	164.48	137.70	-	168.30
154	146.30	-	162.75	142.45	-	165.55	138.60	-	169.40
155	147.25	-	163.80	143.38	-	166.63	139.50	-	170.50
156	148.20	-	164.85	144.30	-	167.70	140.40	-	171.60
157	149.15	-	165.90	145.23	-	168.78	141.30	-	172.70
158	150.10	-	168.00	146.15	-	169.85	142.20	-	173.80
159	151.05	-	166.95	147.08	-	170.93	143.10	-	174.90
160	152.00	-	169.05	148.00	-	172.00	144.00	-	176.00

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Time Interval	Significant Change	Severe Change
1 Month	5%	Greater than 5%
3 Months	7.5%	Greater than 7.5%
6 Months	10%	Greater than 10%

Weight	5% ↓	-	5% ↑	7.5% ↓	-	7.5% ↑	10% ↓	-	10% ↑
161	152.95	-	169.05	148.93	-	173.08	144.90	-	177.10
162	153.90	-	170.10	149.85	-	174.15	145.80	-	178.20
163	154.85	-	171.15	150.78	-	175.23	146.70	-	179.30
164	155.80	-	172.20	151.70	-	176.30	147.60	-	180.40
165	156.75	-	173.25	152.63	-	177.38	148.50	-	181.50
166	157.70	-	174.30	153.55	-	178.45	149.40	-	182.60
167	158.65	-	175.35	154.48	-	179.53	150.30	-	183.70
168	159.60	-	176.40	155.40	-	180.60	151.20	-	184.80
169	160.55	-	177.45	156.33	-	181.68	152.10	-	185.90
170	161.50	-	178.50	157.25	-	182.75	153.00	-	187.00
171	162.45	-	179.55	158.18	-	183.83	153.90	-	188.10
172	163.40	-	180.60	159.10	-	184.90	154.80	-	189.20
173	164.35	-	181.65	160.03	-	185.98	155.70	-	190.30
174	165.30	-	182.70	160.95	-	187.05	156.60	-	191.40
175	166.25	-	183.75	161.88	-	188.13	157.50	-	192.50
176	167.20	-	184.80	162.80	-	189.20	158.40	-	193.60
177	168.15	-	185.85	163.73	-	190.28	159.30	-	194.70
178	169.10	-	186.90	164.65	-	191.35	160.20	-	195.80
179	170.05	-	187.95	165.58	-	192.43	161.10	-	196.90
180	171.00	-	189.00	166.50	-	193.50	162.00	-	198.00
181	171.95	-	190.05	167.43	-	194.58	162.90	-	199.10
182	172.90	-	191.10	168.35	-	195.65	163.80	-	200.20
183	173.85	-	192.15	169.28	-	196.73	164.70	-	201.30
184	174.80	-	193.20	170.20	-	197.80	165.60	-	202.40
185	175.75	-	194.25	171.13	-	198.88	166.50	-	203.50
186	176.70	-	195.30	172.05	-	199.95	167.40	-	204.60
187	177.65	-	196.35	172.98	-	201.03	168.30	-	205.70
188	178.60	-	197.40	173.90	-	202.10	169.20	-	206.80
189	179.55	-	198.45	174.83	-	203.18	170.10	-	207.90
190	180.50	-	199.50	175.75	-	204.25	171.00	-	209.00
191	181.45	-	200.55	176.68	-	205.33	171.90	-	210.10
192	182.40	-	201.60	177.60	-	206.40	172.80	-	211.20
193	183.35	-	202.65	178.53	-	207.48	173.70	-	212.30
194	184.30	-	203.70	179.45	-	208.55	174.60	-	213.40
195	185.25	-	204.75	180.38	-	209.63	175.50	-	214.50
196	186.20	-	205.80	181.30	-	210.70	176.40	-	215.60
197	187.15	-	206.85	182.23	-	211.78	177.30	-	216.70
198	188.10	-	207.90	183.15	-	212.85	178.20	-	217.80
199	189.05	-	208.95	184.08	-	213.93	179.10	-	218.90
200	190.00	-	210.00	185.00	-	215.00	180.00	-	220.00
201	190.95	-	211.05	185.93	-	216.08	180.90	-	221.10
202	191.90	-	212.10	186.85	-	217.15	181.80	-	222.20
203	192.85	-	213.15	187.78	-	218.23	182.70	-	223.30
204	193.80	-	214.20	188.70	-	219.30	183.60	-	224.40
205	194.75	-	215.25	189.63	-	220.38	184.50	-	225.50

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Time Interval	Significant Change	Severe Change
1 Month	5%	Greater than 5%
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6 Months	10%	Greater than 10%

Weight	5% ↓	5% ↑	7.5% ↓	7.5% ↑	10% ↓	10% ↑
206	195.70	- 216.30	190.55	- 221.45	185.40	- 226.60
207	196.65	- 217.35	191.48	- 222.53	186.30	- 227.70
208	197.60	- 218.40	192.40	- 223.60	187.20	- 228.80
209	198.55	- 219.45	193.33	- 224.68	188.10	- 229.90
210	199.50	- 220.50	194.25	- 225.75	189.00	- 231.00
211	200.45	- 221.55	195.18	- 226.83	189.90	- 232.10
212	201.40	- 222.60	196.10	- 227.90	190.80	- 233.20
213	202.35	- 223.65	197.03	- 228.98	191.70	- 234.30
214	203.30	- 224.70	197.95	- 230.05	192.60	- 235.40
215	204.25	- 225.75	198.88	- 231.13	193.50	- 236.50
216	205.20	- 226.80	199.80	- 232.20	194.40	- 237.60
217	206.15	- 227.85	200.73	- 233.28	195.30	- 238.70
218	207.10	- 228.90	201.65	- 234.35	196.20	- 239.80
219	208.05	- 229.95	202.58	- 235.43	197.10	- 240.90
220	209.00	- 231.00	203.50	- 236.50	198.00	- 242.00
221	209.95	- 232.05	204.43	- 237.58	198.90	- 243.10
222	210.90	- 233.10	205.35	- 238.65	199.80	- 244.20
223	211.85	- 234.15	206.28	- 239.73	200.70	- 245.30
224	212.80	- 235.20	207.20	- 240.80	201.60	- 246.40
225	213.75	- 236.25	208.13	- 241.88	202.50	- 247.50
226	214.70	- 237.30	209.05	- 242.95	203.40	- 248.60
227	215.65	- 238.35	209.98	- 244.03	204.30	- 249.70
228	216.60	- 239.40	210.90	- 245.10	205.20	- 250.80
229	217.55	- 240.45	211.83	- 246.18	206.10	- 251.90
230	218.50	- 241.50	212.75	- 247.25	207.00	- 253.00
231	219.45	- 242.55	213.68	- 248.33	207.90	- 254.10
232	220.40	- 243.60	214.60	- 249.40	208.80	- 255.20
233	221.35	- 244.65	215.53	- 250.48	209.70	- 256.30
234	222.30	- 245.70	216.45	- 251.55	210.60	- 257.40
235	223.25	- 246.75	217.38	- 252.63	211.50	- 258.50
236	224.20	- 247.80	218.30	- 253.70	212.40	- 259.60
237	225.15	- 248.85	219.23	- 254.78	213.30	- 260.70
238	226.10	- 249.90	220.15	- 255.85	214.20	- 261.80
239	227.05	- 250.95	221.08	- 256.93	215.10	- 262.90
240	228.00	- 252.00	222.00	- 258.00	216.00	- 264.00
241	228.95	- 253.05	222.93	- 259.08	216.90	- 265.10
242	229.90	- 254.10	223.85	- 260.15	217.80	- 266.20
243	230.85	- 255.15	224.78	- 261.23	218.70	- 267.30
244	231.80	- 256.20	225.70	- 262.30	219.60	- 268.40
245	232.75	- 257.25	226.63	- 263.38	220.50	- 269.50
246	233.70	- 258.30	227.55	- 264.45	221.40	- 270.60
247	234.65	- 259.35	228.48	- 265.53	222.30	- 271.70
248	235.60	- 260.40	229.40	- 266.60	223.20	- 272.80
249	236.55	- 261.45	230.33	- 267.68	224.10	- 273.90
250	237.50	- 262.50	231.25	- 268.75	225.00	- 275.00