



体重減少率早見表

体重減少率 (%) = (前回の体重 - 今回の体重) / 前回の体重 × 100 体重減少率 3%以上 5%以上 7.5%以上 10%以上

前回体重 今回 体重(kg)	34.0	34.5	35.0	35.5	36.0	36.5	37.0	37.5	38.0	38.5	39.0	39.5	40.0	40.5	41.0	41.5	42.0	42.5	43.0
30.0	11.8	13.0	14.3	15.5	16.7	17.8	18.9	20.0	21.1	22.1	23.1	24.1	25.0	25.9	26.8	27.7	28.6	29.4	30.2
30.5	10.3	11.6	12.9	14.1	15.3	16.4	17.6	18.7	19.7	20.8	21.8	22.8	23.8	24.7	25.6	26.5	27.4	28.2	29.1
31.0	8.8	10.1	11.4	12.7	13.9	15.1	16.2	17.3	18.4	19.5	20.5	21.5	22.5	23.5	24.4	25.3	26.2	27.1	27.9
31.5	7.4	8.7	10.0	11.3	12.5	13.7	14.9	16.0	17.1	18.2	19.2	20.3	21.3	22.2	23.2	24.1	25.0	25.9	26.7
32.0	5.9	7.2	8.6	9.9	11.1	12.3	13.5	14.7	15.8	16.9	17.9	19.0	20.0	21.0	22.0	22.9	23.8	24.7	25.6
32.5	4.4	5.8	7.1	8.5	9.7	11.0	12.2	13.3	14.5	15.6	16.7	17.7	18.8	19.8	20.7	21.7	22.6	23.5	24.4
33.0	2.9	4.3	5.7	7.0	8.3	9.6	10.8	12.0	13.2	14.3	15.4	16.5	17.5	18.5	19.5	20.5	21.4	22.4	23.3
33.5	1.5	2.9	4.3	5.6	6.9	8.2	9.5	10.7	11.8	13.0	14.1	15.2	16.3	17.3	18.3	19.3	20.2	21.2	22.1
34.0	0.0	1.4	2.9	4.2	5.6	6.8	8.1	9.3	10.5	11.7	12.8	13.9	15.0	16.0	17.1	18.1	19.0	20.0	20.9
34.5	-1.5	0.0	1.4	2.8	4.2	5.5	6.8	8.0	9.2	10.4	11.5	12.7	13.8	14.8	15.9	16.9	17.9	18.8	19.8
35.0	-2.9	-1.4	0.0	1.4	2.8	4.1	5.4	6.7	7.9	9.1	10.3	11.4	12.5	13.6	14.6	15.7	16.7	17.6	18.6
35.5	-4.4	-2.9	-1.4	0.0	1.4	2.7	4.1	5.3	6.6	7.8	9.0	10.1	11.3	12.3	13.4	14.5	15.5	16.5	17.4
36.0	-5.9	-4.3	-2.9	-1.4	0.0	1.4	2.7	4.0	5.3	6.5	7.7	8.9	10.0	11.1	12.2	13.3	14.3	15.3	16.3
36.5	-7.4	-5.8	-4.3	-2.8	-1.4	0.0	1.4	2.7	3.9	5.2	6.4	7.6	8.8	9.9	11.0	12.0	13.1	14.1	15.1
37.0	-8.8	-7.2	-5.7	-4.2	-2.8	-1.4	0.0	1.3	2.6	3.9	5.1	6.3	7.5	8.6	9.8	10.8	11.9	12.9	14.0
37.5	-10.3	-8.7	-7.1	-5.6	-4.2	-2.7	-1.4	0.0	1.3	2.6	3.8	5.1	6.3	7.4	8.5	9.6	10.7	11.8	12.8
38.0	-11.8	-10.1	-8.6	-7.0	-5.6	-4.1	-2.7	-1.3	0.0	1.3	2.6	3.8	5.0	6.2	7.3	8.4	9.5	10.6	11.6
38.5	-13.2	-11.6	-10.0	-8.5	-6.9	-5.5	-4.1	-2.7	-1.3	0.0	1.3	2.5	3.8	4.9	6.1	7.2	8.3	9.4	10.5
39.0	-14.7	-13.0	-11.4	-9.9	-8.3	-6.8	-5.4	-4.0	-2.6	-1.3	0.0	1.3	2.5	3.7	4.9	6.0	7.1	8.2	9.3
39.5	-16.2	-14.5	-12.9	-11.3	-9.7	-8.2	-6.8	-5.3	-3.9	-2.6	-1.3	0.0	1.3	2.5	3.7	4.8	6.0	7.1	8.1
40.0	-17.6	-15.9	-14.3	-12.7	-11.1	-9.6	-8.1	-6.7	-5.3	-3.9	-2.6	-1.3	0.0	1.2	2.4	3.6	4.8	5.9	7.0
40.5	-19.1	-17.4	-15.7	-14.1	-12.5	-11.0	-9.5	-8.0	-6.6	-5.2	-3.8	-2.5	-1.3	0.0	1.2	2.4	3.6	4.7	5.8
41.0	-20.6	-18.8	-17.1	-15.5	-13.9	-12.3	-10.8	-9.3	-7.9	-6.5	-5.1	-3.8	-2.5	-1.2	0.0	1.2	2.4	3.5	4.7
41.5	-22.1	-20.3	-18.6	-16.9	-15.3	-13.7	-12.2	-10.7	-9.2	-7.8	-6.4	-5.1	-3.8	-2.5	-1.2	0.0	1.2	2.4	3.5
42.0	-23.5	-21.7	-20.0	-18.3	-16.7	-15.1	-13.5	-12.0	-10.5	-9.1	-7.7	-6.3	-5.0	-3.7	-2.4	-1.2	0.0	1.2	2.3