

**APPENDIX B: WEIGHT  
CONVERSION (STONES/LB TO KG)**APPENDIX B: WEIGHT CONVERSION  
(STONES/LB TO KG)

	lb							
	0	2	4	6	8	10	12	13
6	38.1	39.0	40.0	40.8	41.7	42.6	43.5	44.0
7	44.5	45.4	46.3	47.2	48.1	49.0	49.9	50.3
8	50.8	51.7	52.6	53.5	54.4	55.3	56.2	56.7
9	57.2	58.1	59.0	59.9	60.8	61.7	62.6	63.0
10	63.5	64.4	65.3	66.2	67.1	68.0	68.9	69.4
11	69.9	70.8	71.7	72.6	73.5	74.4	75.4	75.7
12	76.2	77.1	78.0	78.9	79.8	80.7	81.6	82.1
13	82.6	83.5	84.4	85.3	86.2	87.0	88.0	88.4
14	88.9	89.8	90.7	91.6	92.5	93.4	94.3	94.8
15	95.3	96.2	97.1	98.0	98.9	99.8	100.7	101.1
16	101.6	102.5	103.4	104.3	105.2	106.1	107.0	107.5
17	108.0	108.9	109.8	110.7	111.6	112.5	113.4	113.8
18	114.3	115.2	116.1	117.0	117.9	118.8	119.7	120.2