

## Weightloss Percentage - The Great Leveler!

Calculating weight loss percentage is a great way to express a weightloss result. It can help you set goals and achieve them step by step.

One of the most useful aspects of the weightloss percentage calculation is that it enables us to compare the results of two or more people. Shows like TV's Biggest Loser have used this measure to accurately reflect the change between smaller and larger people. This difference is most noticeable with men often weighing significantly more than women but women often see a larger percentage weightloss.

Here is the formula:

$$((IW-AW)/IW) * 100 = \text{Weight Loss Percentage} \quad ((100-95)/100)*100 = 5\%$$

IW = Initial Weight

AW = Actual Weight or your weight today. This calculation could be incorporated into a spreadsheet so you could see the change over time. Your results could be expressed in a graph too. There are plenty of calculators available on the web if - like me you want a quick 'no think' calculation on the fly! Type 'Percentage Weight Calculator' into google and you will have lots to choose from!