

Gastric Sleeve Weight Loss Chart

Name: _____ Age: _____ Gender: _____

Height: _____ Date of surgery: _____

The table below assumes the person has a height of 5'5". Let's assume that the target weight for that person is 150.2lbs, the upper limit of the healthy weight range for their height.

Starting weight (lbs)	Excess weight	Weight at 1 month	Weight at 3 months	Weight at 6 months	Weight at 12 months	Weight at 18 months
		5–10% excess weight lost	15–25% excess weight lost	35–45% excess weight lost	50–60% excess weight lost	60–70% excess weight lost
200	49.8	195.02–197.51	187.55–192.53	177.59–182.57	170.12–175.10	165.14–170.12
225	74.8	217.52–221.26	206.30–213.78	191.34–198.82	180.12–187.60	172.64–180.12
250	99.8	240.02–245.01	225.05–235.03	205.09–215.07	190.12–200.10	180.14–190.12
275	124.8	262.52–268.76	243.80–256.28	218.84–231.32	200.12–212.60	187.64–200.12
300	149.8	285.02–292.51	262.55–277.53	232.59–247.57	210.12–225.10	195.14–210.12
325	174.8	307.52–316.26	281.30–298.78	246.34–263.82	220.12–237.60	202.64–220.12
350	199.8	330.02–340.01	300.05–320.03	260.09–280.07	230.12–250.10	210.14–230.12
375	224.8	352.52–363.76	318.80–341.28	273.84–296.32	240.12–262.60	217.64–240.12
400	249.8	375.02–387.51	337.55–362.53	287.59–312.57	250.12–275.10	225.14–250.12

Progress tracker

Starting weight (lbs)	Excess weight	Weight at 1 month	Weight at 3 months	Weight at 6 months	Weight at 12 months	Weight at 18 months

Disclaimer: Individual results may vary based on multiple factors, including starting weight, adherence to dietary recommendations, and overall lifestyle.

Additional notes

UCLA Health. (n.d.). *Gastric sleeve - bariatric surgery*. Retrieved October 9, 2024, from <https://www.uclahealth.org/medical-services/surgery/bariatrics/gastric-sleeve>