

Gastric Bypass Weight Loss Chart

Time After Surgery	Average Excess Weight Loss	Percentage of Excess Weight Loss
1 Month	20 lbs	15-20%
3 Months	40 lbs	25-35%
6 Months	55 lbs	45-55%
12 Months	70 lbs	65-70%
18 Months	80 lbs	70-80%
2 Years	90 lbs	80-90%
5 Years	Maintenance phase	-
10 Years	Maintenance phase	-
15 Years	Maintenance phase	-
20 Years	Maintenance phase	-

Name: _____

Starting Date: _____

Target End Date: _____

Time After Surgery	Actual Weight Loss (lbs)	Percentage of Excess Weight Loss
1 Month		
3 Months		
6 Months		
12 Months		
18 Months		
2 Years		