

Pounds (LBS) To Stones Conversion Chart

Pounds (lb)	Stones + Remaining lbs
1–13	0 st X lb
14	1 st 0 lb
15–27	1 st X lb
28	2 st 0 lb
29–41	2 st X lb
42	3 st 0 lb
43–55	3 st X lb
56	4 st 0 lb
57–69	4 st X lb
70	5 st 0 lb
71–83	5 st X lb
84	6 st 0 lb
85–97	6 st X lb
98	7 st 0 lb
99–111	7 st X lb
112	8 st 0 lb
113–125	8 st X lb
126	9 st 0 lb
127–139	9 st X lb
140	10 st 0 lb
141–153	10 st X lb

Pounds (lb)	Stones + Remaining lbs
154	11 st 0 lb
155–167	11 st X lb
168	12 st 0 lb
169–181	12 st X lb
182	13 st 0 lb
183–195	13 st X lb
196	14 st 0 lb
197–209	14 st X lb
210	15 st 0 lb
211–223	15 st X lb
224	16 st 0 lb
225–237	16 st X lb
238	17 st 0 lb
239–251	17 st X lb
252	18 st 0 lb
253–265	18 st X lb
266	19 st 0 lb
267–279	19 st X lb
280	20 st 0 lb
281–293	20 st X lb
294	21 st 0 lb