



Weight Conversions

Study Development Quick Guide

Formulae

$$\text{Weight in stones} = \frac{\text{weight in lbs}}{14}$$

$$\text{Weight in lbs} = \frac{\text{weight in kg}}{0.454}$$

$$\text{Weight in kg} = \text{weight in lbs} \times 0.454$$

Converting from stones and pounds to kg

1. The weight will be written as a mix of stones and pounds.
2. Calculate: (number of stones x 14) + number of pounds
This is the weight in pounds.
3. Weight in kg = weight in lbs x 0.454

Converting from kg to stones and pounds

It is rare that you will be required to do this, as most calculations require weight to be measured in kg.

1. Weight in lbs = $\frac{\text{weight in kg}}{0.454}$
2. Weight in stones = $\frac{\text{weight in lbs}}{14}$
3. If the weight in stones is a whole number, the conversion is finished. If the weight in stones has a value after the decimal point, move on to step 4.
4. Replace any values after the decimal point with zeros. This is the number of stones.
5. Calculate: weight in lbs – (number of stones x 14) = remainder of pounds.
6. Write the value as 'number of stones' st 'remainder of pounds'.

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