
Weight Loss Calculator

Posted by glenn - 2008/03/15 09:30

I found this very nice Weight Loss Calculator and thought I'd attach it here for others to use.

Automatic calculation of calorie targets per day and per meal based on your entered data (age, height, weight, body fat % if known, meals per day, low calorie days per week, preferred macronutrient ratios, goal body fat %, and goal lean mass increase).

Automatic calculation of carbohydrate, protein, and fat grams per meal to help you make smart choices when dining out, creating your own recipes or choosing prepackaged foods

Calculates how much you can eat on your cheat/free day and still lose weight

Calculates how much you should eat on your high zigzag days

Calculates your current lean body mass, fat mass, and Body Mass Index (BMI)

Calculates your target weight and weight loss/gain.

Calculates your Basal Metabolic Rate (BMR)â€”How many calories your body requires just to perform basic functions each dayâ€”based on the Katch-Mcardle and the Harris-Benedict formulas.

Calculates your Total Daily Energy Expenditure (TDEE), or the amount of calories you need to maintain your current weight with your exercise activity level taken into account

Provides separate figures for Unisex (body fat %-based), Female (weight-based), and Male (weight-based)

Can be used for either weight gain or weight loss

Start Date field

Target Date field

Calculated program length (in days) field

Calculated line in each existing program block (Regular, Accelerated, and Manual) to estimate how long it will take to reach your goal weight loss/gain using that programâ€™s calorie levels.

Time-Based program to the Unisex, Female, and Male calculations that generates a low calorie day and high calorie day target intake based on your Target Date and your Target Weight Loss/Gain.

http://www.weightloss-hq.biz/images/fbfiles/files/WeightLossCalculator_v4.xls

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Re:Weight Loss Calculator

Posted by Les - 2008/03/15 17:30

It looks good however I must say it's kinda hard to follow

I'm working on it

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Re:Weight Loss Calculator

Posted by glenn - 2008/03/16 09:24

OK. It is quite advanced. Let me know if you have specific questions.

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Re:Weight Loss Calculator

Posted by NadineCryle - 2008/06/03 22:42

thanks for posting, much appreciated.

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Re:Weight Loss Calculator

Posted by carinna - 2008/07/28 06:10

Oh my gosh...too advanced for me. But thanks! I'll have my boyfriend figure this one out.

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Re:Weight Loss Calculator

Posted by Kim_Nielsen - 2008/09/03 17:15

Thanks for the worksheet, very detailed work. I am a programmer and have actually created a few simple calculators on my website that can help with simple weight loss goals.

If you want to check it out click here: www.permanentweightlosslab.com

Then click on the Calculators link. This page has a BMI calculator, Target Heart Rates to help determine your exercise intensity, Resting Metabolic Rate (Harris Benedict), and Daily Caloric Requirements.

These calculators are not as detailed as the worksheet, but simple to use. Good tools for planning your daily calories and cardio intensity.

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