Derivation of initial counter value for 1s delay in TIMER1

XTAL = 16MHz → T_{xtal_clock}	= 1/16 us
Prescaler = 1:1024 → $T_{counter\_clock}$	= 1024 x (1/16) us
	= 64us
Number of increments	= 1,000,000us/64us
	= 15625
Initial count	= 65536 - 15625
	= 49911

Derivation of initial counter value for 1ms delay in TIMER0

XTAL = 16MHz → T_{xtal_clock}	= 1/16 us
Prescaler = 1:64 → $T_{counter\_clock}$	= 64 x (1/16) us
	= 4us
Number of increments	= 1,000us/4us
	= 250
Initial count	= 256 - 250
	= 6

Then the 1s delay is obtained by repeating it for 200 times for 200ms.