Z_{in} desired input impedance in Ω

Z_{out} desired output impedance in Ω

a attenuation in dB

$L = 10^{\frac{a}{10}}$ (the loss)

$A = (L+1)/(L-1)$

Pi attenuator

$$R2 = \frac{L-1}{2} \cdot \sqrt{\frac{Z_{\text{in}} \cdot Z_{\text{out}}}{L}}$$

$$R1 = \frac{1}{\frac{A}{Z_{\text{in}}} - \frac{1}{R2}}$$

$$R3 = \frac{1}{\frac{A}{Z_{\text{out}}} - \frac{1}{R2}}$$