

THE ULTIMATE WEIGHTLOSS CALCULATOR

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YOUR RESULTS

Your ideal weight range is between 101lbs and 137lbs.

To achieve your goal BMI of 18.5 you would need to weigh 101.16lbs.

Your BMR[?] is 1347 calories per day.

Your TDEE[?] is 1612 calories per day.

To lose 0.5lbs per week, you should consume 1366 calories per day.

To lose 1lb per week, you should consume 1116 calories per day.

To lose 2lbs per week, you should consume 616 calories per day.

If you stick to your goal of 1000 calories per day, you will weigh 112lbs on 25/2/17.

On 25/4/17 you would weigh 99lbs.

To weigh 112lbs on 25/4/17 you should consume 1200 calories per day.

ZIG-ZAG DIET PLANNER[?]

Day 1: 1400 calories

Day 2: 500 calories

Day 3: 1200 calories

Day 4: 1400 calories

Day 5: 500 calories

Day 6: 1200 calories

Day 7: 1200 calories

LOW CARB PLANNER[?]

150g / 600 calories of CARBS per day

75g / 300 calories of PROTEIN per day

33g / 300 calories of FAT per day

SAVE

LIKE

SHARE

RESTART

ADS

DISCLAIMER

Use this calculator at your own risk - I'm not a doctor. I've done my best to make sure the formulas are accurate, but these numbers are for reference purposes ONLY - they are NOT a substitute for medical advice.

Very low calorie diets can be mentally and physically damaging. Please use your own judgement, do your own research, and think for yourself. This calculator is just a tool to make the maths easier.

IMPORTANT INFORMATION

What your BMI means:

Less than 15 = Very severely underweight

From 15.0 to 16.0 = Severely underweight

From 16.0 to 18.5 = Underweight

From 18.5 to 25 = Normal (healthy weight)

From 25 to 30 = Overweight

From 30 to 35 = Obese Class I (Moderately obese)

From 35 to 40 = Obese Class II (Severely obese)

Over 40 = Obese Class III (Very severely obese)

How fast should you lose weight?
I know it's tempting to lose weight as fast as possible – but what's the point, if you put it straight back on again? Losing weight gradually and healthily is the best way to ensure you maintain your goal weight when you reach it.

If you need to lose more than 50lbs in total, 2 lbs per week is a realistic, healthy and maintainable weight loss rate to aim for.

If you need to lose between 20 and 50lbs in total, 1 lb per week is a realistic, healthy and maintainable weight loss rate to aim for.

If you need to lose less than 20lbs, 0.5lb per week is a realistic, healthy and maintainable weight loss rate to aim for.

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WELCOME TO THE ULTIMATE WEIGHTLOSS CALCULATOR!

IF YOU PREFER CM AND KG, CLICK HERE FOR THE METRIC VERSION

PLEASE COMPLETE ALL FIELDS IN THIS SECTION

GENDER

M

F

AGE

22

YEARS

WEIGHT

180

LBS

HEIGHT

5

FEET

5

INCHES

ACTIVITY LEVEL?

SEDENTARY

OPTIONAL FOR MORE DETAILED RESULTS - IT'S OK TO LEAVE SOME OR ALL OF THESE BLANK

INTENDED INTAKE

1400

CALORIES P/DAY

FINISH DATE

25/04/17

GOAL WEIGHT

120

LBS

GOAL BMI

19

FRAME SIZE?

AVERAGE

MACRO RATIOS?

LOW CARB

CALORIE VARIATION?

5:2

CALCULATE

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