To Calculate You Must First Save This File to Your Hard Drive

Calculate Your Percent of Body Fat, Your Lean Body Mass, Your Ideal Weight and How Long It Will Take to Achieve It
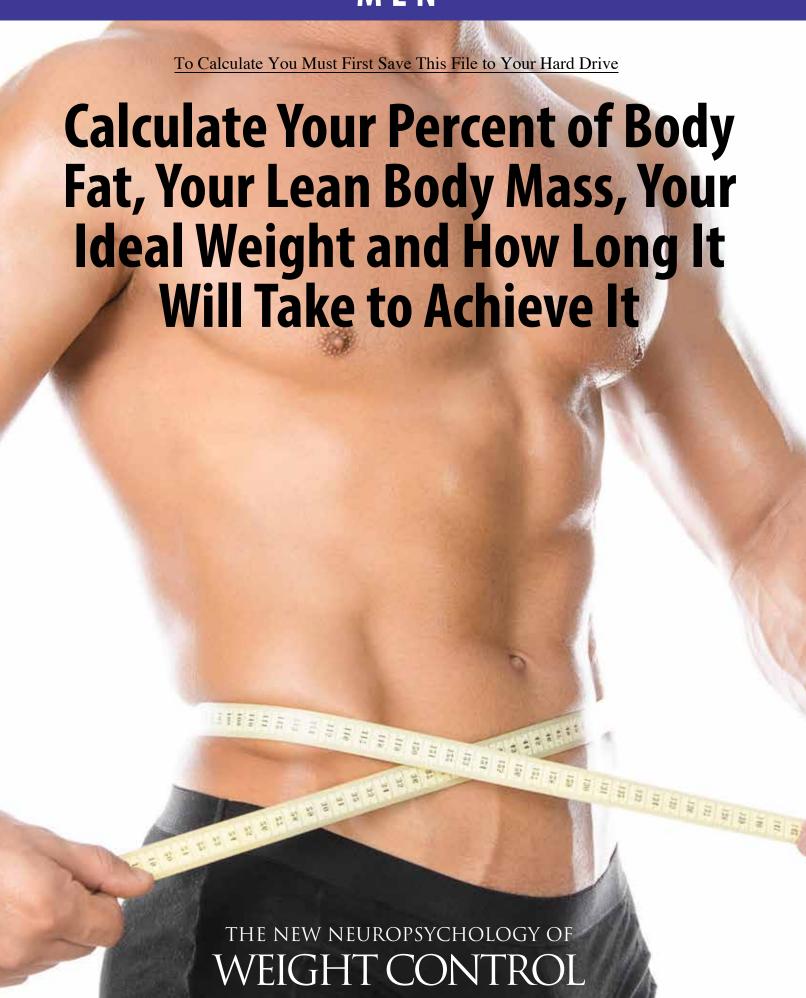
THE NEW NEUROPSYCHOLOGY OF
WEIGHT CONTROL

% Body Fat, Goal Weight, Pounds to Lose, Days/Weeks to Lose, Goal Date Calculator

Before you begin you need to download the latest version of the FREE Adobe Acrobat DC Reader. The body fat calculations were done using the latest Acrobat Reader version and will provide accurate readouts versus older versions the reader. To download the Adobe Acrobat Reader CLICK HERE.

Before you can begin to: (1) get a realistic picture of how much weight you need to lose; (2) set realistic weight loss goals; and (3) determine how long it will take you to the weight you must first determine how much fat is inside your body.

The ideal percent of body fat for men is 15%. Any percentage of body fat above 18% requires attention. Twenty plus percent (25%+) is considered obese.

If, for example, you weigh 200 pounds and your body is composed of 30% fat, your fat weight is 60 pounds (200 lb. x 30%).

The difference between your current body weight and your body fat in pounds (weight lb. - body fat lb.) is called your Lean Body Mass. Lean Body Mass is composed of muscle, organ tissue, bones and water.

In the case cited above your Lean Body Mass would weigh 140 pounds.

If you take your Lean Body Mass and multiply it by the ideal 15% body fat (140 lb. x 15%), the ideal amount of fat your body needs in pounds is 21 pounds.

If you add that ideal level of fat to your Lean Body Mass your ideal or goal weight is 161 pounds (ideal fat lb. + Lean Body Mass lb.)

To determine the amount of fat you need to lose in pounds subtract your ideal goal weight from your current weight (200 lb. - 161 lb.). In this case you would have to lose 39 pounds.

Then, to calculate how many weeks it will take you to lose 39 pounds, divide 39 pounds by 1.5 lb.—the average number of pounds you will lose every week when you follow "The New Neuropsychology of Weight Control" program.

In this case it would take you 26 weeks or 182 days (26 weeks x the number of days in a week) to realize your ideal weight loss goal.

If you would start the program on January 1, your projected goal date would be June 2.

"The New Neuropsychology of Weight Control" calculator calculates all of this for you automatically. All you have to do is insert your weight in pounds and the circumference measurements of your neck, abdomen and height in inches.

The DEXA (duel-energy X-ray absorptiometry) scan is the most accurate way to determine the percent of body fat body. We use the U.S. Navy formula to get an estimated measurement of body fat percent for women. The U.S. Navy body fat formula is accurate within 1-3% of hydrostatic weighing for most people.

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Input Field Instructions

All measures are in pounds and inches. Take two measurements of each area and enter the average for each:

Weight: Your current scale weight.

Height: Your height. Use inches (i.e. 5'8" = 68 inches)

Abdomen: The circumference right between the belly button and the bottom of the rib cage.

Neck: Your neck circumference right below the larynx (Adam's Apple).

Weight (lbs.): _____   Abdomen _____   Neck: _____   Height: _____

% Body Fat: _____   Total Fat (lbs.): _____   Lean Body Mass (lbs.): _____

Goal Weight: _____   LBS to Lose: _____   Weeks to Lose 1*: _____

Weeks to Lose 2**: _____   Days to Lose 1: _____   Days to Lose 2: _____

Target Goal Date 1: _____   Target Goal Date 2: _____

1 = 1.5 lbs of fat lost per week for moderate meat consumption. ** 2 = 3 lbs of fat lost per week for no meat consumption.

Output Fields

Body Fat: The approximate percentage of your body's mass that is made up of fat.

Total Fat: The portion of your weight that is fat.

Lean Body Mass: The portion of your weight that is lean (not fat).

Goal Weight: Your Lean Body Mass plus 22% fat for women.

Pounds to Lose: Your current weight minus your Goal Weight.

Weeks /Days to Lose 1: Average 1.5 lbs per week of fat loss with moderate meat consumption.

Weeks /Days to Lose 2: Average 3 lbs per week of fat loss with no meat consumption

Target Goal Date: The date you should reach your weight loss goal if you start the program today.