

The Ultimate Weight Loss Calculator – The only weight loss calculator you will ever need!

 weightloss-calculator.net/



Welcome to the Ultimate Weight Loss Calculator!

[If you prefer cm and kg, click here for the metric version!](#)

- **Basic Information**
- [Click here for help picking your activity level](#)
- **Additional information**

(Enter additional information here to get more detailed results below. It's ok to leave some or all of these blank if you don't want the detailed results.)

- [Click here for help picking your frame size](#)
- **Your Results!**
- **BMI Information**

IMPORTANT!

If you chose "small frame size" or "large frame size" above, these results are adjusted by 10% and are NOT equivalent to the medically accepted BMI formula. They should DEFINITELY NOT be taken as medical advice.

- Your ideal weight range is
- **Your BMR and Daily Calorie Needs**
- **Weight Loss Predictor**
- **Diet Planners**

The Zig-zag diet planner below is based on your Intended Calorie Intake Per Day in the Additional Information section above. The 5:2 diet planner below is calculated from your TDEE (Total Daily Energy Expenditure .

- **Zig-Zag Diet Planner**

- Varying your calories each day can add variety to your diet and help you stick to your plan.
- **5:2 Diet Planner**
- If you follow the 5:2 Diet (Also known as the Fast Diet), this will calculate your daily calorie goals based on your total daily energy expenditure.

Click the little printer to print or save your weight loss calculator results!

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.

If there are any more features you'd like to see included here, please drop me a line in the comments.