Body Fat, Heart Rate Zones, Steps & Hydration: The Measurement Tools Explained

Tools & Calculators · https://coachluke.com/docs/body-fat-heart-rate-zones-steps-hydration-the-measurement-tools-explained/

Four of the tools measure where you are right now rather than planning where you're going. Here's what each does and what to expect.

Body Fat Percentage Calculator

The Body Fat Calculator estimates your body fat percent using nothing but a tape measure — no calipers, no lab visit. Pick Male or Female first, since the tape method uses different measurement sites and ranges for each. Measure carefully (same spots, tape snug but not compressing skin) and take it as a solid estimate rather than a lab-grade reading. The real value is tracking the trend: measure monthly, same conditions, and watch the direction.

Heart Rate Zone Calculator

The Heart Rate Zone Calculator gives you five training zones — and instead of the generic "220 minus age" rule, it uses max heart rate formulas validated in real studies: one developed for women and one for men, chosen by the option you pick. Use zone 2 for easy aerobic work and the higher zones for intervals.

Steps to Weight Loss Calculator

The Steps Calculator tells you how many daily steps you actually need based on your body — not the "10,000 steps" slogan, which was born as a 1960s marketing campaign, not science. Your number may be lower or higher than 10,000; that's the point.

Daily Hydration Calculator

The Hydration Calculator estimates how much water you really need each day. Needs shift with body size, activity, and climate, so treat the output as your baseline and drink more on heavy training or hot days.

How accurate are these?

Accurate enough to act on, not accurate enough to argue over decimals. Every one of them is an estimate built for consistent self-tracking. If a number seems way off, re-check your inputs first — a typo in weight or age is the most common cause.

These tools are educational and don't replace medical testing. If you need clinical numbers — a DEXA scan, a cardiac stress test — those come from your doctor.