# How the Free Tools Work

Tools & Calculators · https://coachluke.com/docs/how-the-free-tools-work/

Every calculator on coachluke.com follows the same rules: it's free, it takes about a minute, your results appear instantly on the page, and you never need to hand over your email address to see them.

## Where to find the tools

The full collection lives on the Free Tools hub. Here's what's available:

### Planning calculators

- Calorie Calculator: your maintenance calories and the deficit to lose at a pace you can live with
- TDEE & BMR Calculator: the calories your body burns at rest and in real life, the starting point for every plan
- Macro Calculator: daily protein, carb and fat targets, with protein set to protect muscle
- Protein Needs Calculator: a personalized daily protein target that adjusts for your age
- Fiber & Added Sugar Calculator: your daily fiber target and added-sugar ceiling, with a quick tally of a typical day
- Weight Loss Timeline Calculator: a realistic goal date with plateaus and slowdowns built in
- Intermittent Fasting Calculator: your eating window and a 7-day starter schedule from your wake time and protocol
- Creatine Dosage Calculator: your daily creatine dose by body weight, loading vs. maintenance
- Caffeine Calculator: your daily caffeine total and your personal cutoff time

### Measurement calculators

- Body Fat Percentage Calculator: body fat percent with just a tape measure
- BMI Calculator for Women: your BMI plus waist-to-height ratio, the number that matters more after 35

- Ideal Body Weight Calculator: a healthy weight range from four validated formulas, not one magic number
- Heart Rate Zone Calculator: your five training zones
- Steps to Weight Loss Calculator: how many daily steps you actually need
- Daily Hydration Calculator: how much water you really need each day
- Sleep Calculator: the bedtimes that land you at the end of a sleep cycle, not the middle
- Fitness Age Calculator: three 60-second at-home tests scored against real age norms

**Quizzes and self-checks**

- Gut Type Quiz
- Energy Drain Quiz
- Sleep Score Quiz
- Weight Loss Readiness Quiz
- Burnout Quiz
- Perimenopause Check
- Which LiveGood Product Is Right for You? (6-question quiz)

## Are the tools only for women?

No. The site is written for women 25 and up, so the explanations and default settings lean that way, but the math works for anyone. Every calculator that needs it has a Male/Female option, and picking Male switches the formula (calorie and macro math, body fat, heart rate zones, ideal weight, fiber, creatine and fitness age norms). The two exceptions are the Perimenopause Check and the BMI Calculator for Women, which are built specifically around female physiology.

## Do I need an account or email address?

Not for the calculators or the quizzes listed above. Results display instantly on the page and no sign-up is required.

The 60-second checks at coachluke.com/check/, the Weight Loss Quiz and the Supplement Match Quiz are different: they ask for your email before showing your result, and send you a free guide too.

See How the 60-Second Checks Work.

## Are the results medical advice?

No. Every tool is an educational self-check built by a NASM-certified fitness and nutrition coach, not a diagnostic instrument. If a result raises a health concern, take it to your doctor.

## A tool isn't loading. What should I do?

Refresh the page first. If it still won't load, try a different browser or turn off content-blocking extensions for this site, since aggressive blockers occasionally stop the calculators from running. Still stuck? Send me a note through the contact page and tell me which tool and browser you're using.