Using the Calorie, Macro, and Weight Loss Timeline Calculators Together

Tools & Calculators · https://coachluke.com/docs/using-the-calorie-macro-and-weight-loss-timeline-calculators-together/

Three of the calculators are designed to work as a sequence. Each answers a different question.

Step 1: Calorie Calculator — how much should I eat?

Start with the Calorie Calculator. It estimates your maintenance calories — what you burn in a typical day — and then sets a deficit you can actually live with, rather than the crash-diet numbers most apps hand out.

Step 2: Macro Calculator — what should those calories be made of?

Take your calorie target to the Macro Calculator. It splits your day into protein, carbs, and fat, with protein deliberately set high enough to protect muscle while you lose fat. (For a deeper dive on the protein number specifically, use the Protein Needs Calculator.)

Step 3: Weight Loss Timeline — how long will it take?

Finally, the Weight Loss Timeline Calculator turns your deficit into a realistic goal date — with plateaus and metabolic slowdowns built into the math, because a straight line to your goal weight isn't how bodies work.

Why don't my results match other calculators?

Every calculator estimates. Different tools use different formulas and different assumptions about activity. These tools are deliberately conservative: they'd rather give you a pace you can sustain than a number that looks exciting and fails by week three.

How often should I re-run them?

Re-run the calculators after every 10–15 pounds lost, or any time your activity level changes substantially. Your maintenance calories drop as your body gets smaller, so your targets need to move with you.

These are educational estimates from a fitness and nutrition coach, not medical advice. If you have a medical condition that affects weight or appetite, work with your doctor.