THE BODY FAT EQUATION

If you have a device that measures your body fat you may want to know how your body fat percentage translates to the actual pounds you need to lose. This equation below will tell you exactually how many pounds you need to lose to get to 7% body fat...

THE EQUATION:
(Your Weight) Divided By 100 = (1% of your Body Weight)
Take (1% of your Body Weight) X Body Fat % - 7% = (The weight you have to lose to get down to 7% body fat)...

Example:

(My Body Weight) 250lbs Divided By 100 = 2.5lbs per % point...

2.5 X (My Body fat 29.7% - 7%) 22.7% = The weight I have to lose (56.75 lbs) to get to 7% body fat...