

Body Fat Calculator

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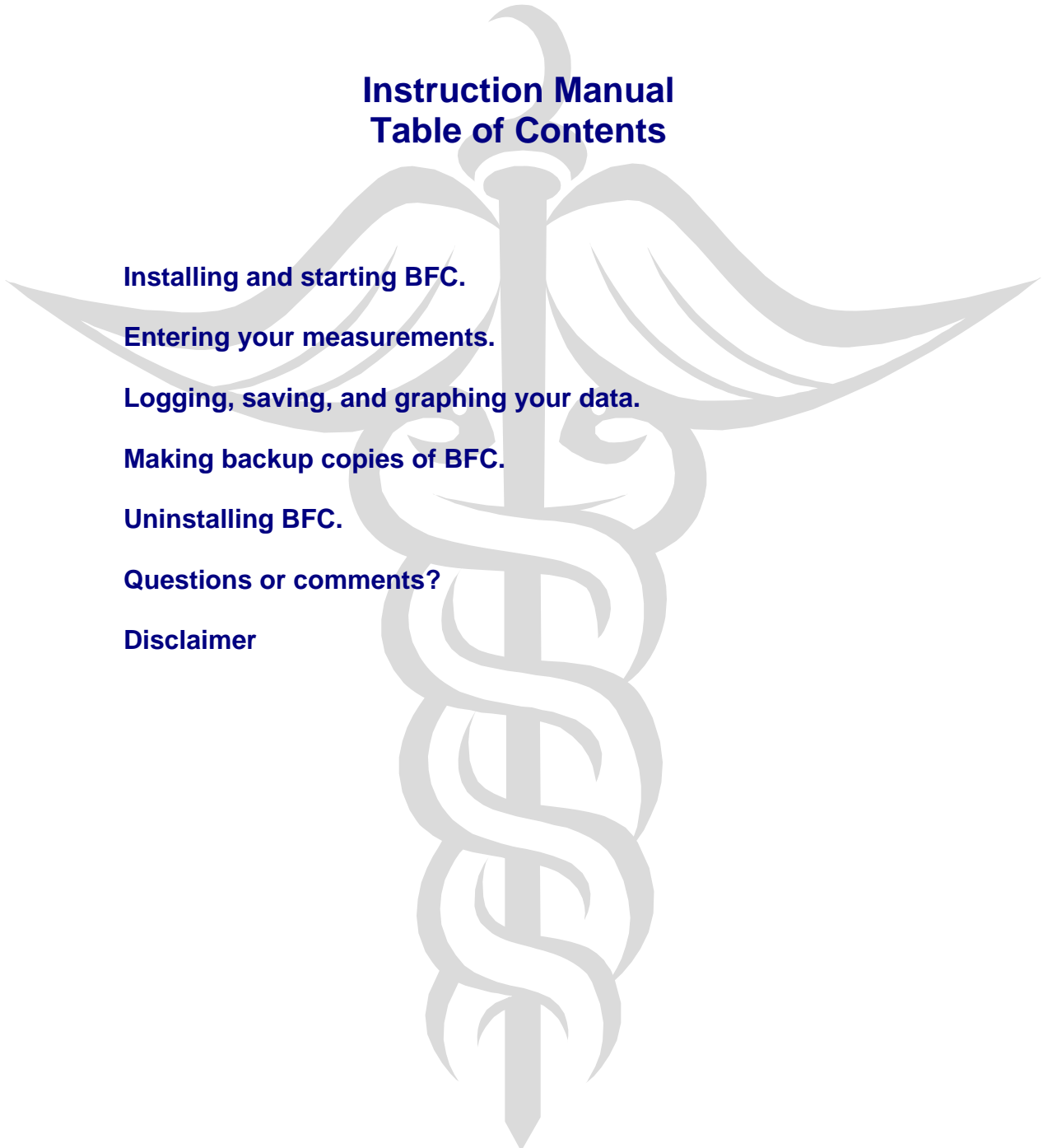
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1. Installing and starting the Body Fat Calculator.

Requirements:

Windows compatible PC
Excel 97 or later version
600 Kb of free hard drive space

Let's start with some background about the program. The Body Fat Calculator (**BFC**) is an Excel Workbook. In order for the program to function properly, Excel must have "macros" turned on or enabled. Macros are small programs that are part of and work within the spreadsheets. They perform all the complex and redundant functions in the workbooks. If you have Excel 97, you will usually be prompted when the workbook opens to "Enable Macros," "Disable Macros", or "Do Not Open." You should click the button for "Enable Macros" if you wish to use the program. With Excel 2000, you will need to need to set the security level to "Medium" in order for the macros to be enabled. To do this, open Excel 2000 and click the **Tools** menu at the top of the screen. Next click **Macro**, then **Security**. You will see a menu that asks you to choose the macro security level. Click the **Medium** or **Low** setting. If you are worried about viruses, please scan the Set Up file with your own anti-virus software before installing it. Be assured that all files are scanned with the most up to date Norton Anti-virus software prior to being packaged for the installation. If you do not have anti-virus software, you can scan you computer for free at the Norton Anti-virus website by clicking [here](#) and click "Scan for viruses."

Once you have installed the program, you will see two new icons on your desktop. Double click the Bitten Apple icon for the Body Fat Calculator, v1.0. Excel will automatically start and load the BFC workbook. Once again, in order for **BFC** to work properly, **you must enable macros**. **BFC** also places a new menu heading at the very top of the Excel window titled **Body Fat**, and automatically clears the menu bars at the top of the Excel window in order to make the screen less cluttered. On exiting the spreadsheet, your original settings should be restored. If not, you can reinstate your menu bars by right-clicking the mouse while hovering over the menu bar area. You will see a list of menu bar options, and you simply click on the appropriate choices. You can also double click the menu bar area with the left mouse button and you will see the pop menu that allows you to choose the menu bars.

The open workbook should have a light yellow "help" box entitled "Body Fat Calculator" that automatically appears. You will find that at each step along the way there is a similar help box that appears automatically as you enter each measurement. These hints also tell you where on your body to make the measurements. You can click and drag this help box anywhere on the screen. ([Back to Table of Contents](#))

2. Entering your measurements.

The pale yellow help boxes that appear with each measurement give you instructions on where on your body you should make the measurements. They are fairly self-explanatory, and should be performed in the absence of clothing at a consistent time of the day each week.

Make these measurements only once a week. This latter point I can't emphasize enough. More frequent measurements will not necessarily give you more accurate data. In fact, with a weight loss target of 2-3 pounds per month, you may not see any significant changes in your daily measurements, though over time these will certainly change.

Hit the "Calculate" button, or chose the **Calculate** function in the **Body Fat** menu, and the values for **Percent Body Fat**, **BMI**, and **Waist to Hip Ratio** will automatically be displayed.

Make sure to click on the [Percent Body Fat, BMI](#), and [Waist to Hip Ratio](#) links to see how your measurements compare to the standard charts. These are included to give you some handy reference points and goals. ([Back to Table of Contents](#))

3. Logging, saving, and graphing your data.

Once you have calculated your weekly information, **Log** the data by clicking the “[Log Data](#)” button. This copies your important values to the “Log Sheet” and arranges them in table form. You may also use the **Body Fat** menu, and choose **Log Data**. Make sure to save the workbook, and you will have a running tally of your important measurements. Each week when you log your information, a new table entry is formed automatically. If you make an error, simply click the “[Clear Line](#)” button, and the most recent entry will be removed.

You can then graph your values over time to see your progress using the appropriate **Body Fat** menu heading or the “[Graph](#)” buttons on the Log Sheet. Make sure to make backup copies of the **BFC** workbook to protect your data! ([Back to Table of Contents](#))

4. Making backup copies of the Body Fat Calculator.

The simplest way to make backup copies of the **Body Fat Calculator** is to use the menu system. Go to the **Body Fat** menu, choose **Back Up Copy**. A copy of the current workbook configuration will be saved in a the program backup folder, along with the current date as part of the filename. ([Back to Table of Contents](#))

5. Uninstalling the Body Fat Calculator from your computer.

Click on the “[Start](#)” button in the Windows bar and go to **Programs**. You should see a listing for **Body Fat Calculator**, with a subheading titled **Uninstall**. The uninstaller will automatically start and delete the shortcuts, files, folders, and instructions. ([Back to Table of Contents](#))

6. Questions or comments?

Please feel free to e-mail with specific questions or comments at support@smartcalorie.com. ([Back to Table of Contents](#))

7. Disclaimer.

A few words about these measurements.

The percent body fat calculations are based on the U.S. Naval formulas, and are relatively accurate, but certainly not the best measurement for this risk factor. However, a tape measure is easy and inexpensive to use, whereas impedance measurements and calipers are not, and have their own drawbacks and difficulties.

BMI also has its flaws for predicting health risk factors in athletes and those individuals who have a low percent body fat. For instance, take an athletic individual who has is 6 feet tall and weighs 220 pounds, with a percent body fat of 14%. His BMI calculates out to 29.9, which puts him in the higher risk, overweight range. This contradicts his health risk predicted by his percent body fat measurements. The BMI is falsely high because muscle is far denser than fat, and so causes an exaggeration of this calculation.

Waist to Hip Ratio is a simple measurement that is quite accurate as an independent predictor of health risk, especially for developing type 2 diabetes, high blood pressure, and cardiovascular disease (heart attack and stroke). This simple measurement is probably the most accurate and important for the majority of people.

Having outlined the limitations of these calculations above, I feel that following the **trends** of these measurements will be of the most benefit for those individuals who are determined to make a positive impact on their health. These calculations are not intended to take the place of the advice and instruction from your personal health provider. They serve only as estimates, and helpful guidelines for relative risk prediction.

Good luck and **à Votre Sante.**

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