Formula:
Finished Countertop Height - 2 \(\frac{7}{16}\)" = Sill Height

Example:
This example assumes a standard 34\(\frac{1}{2}\)" cabinet height + \(\frac{3}{4}\)" subtop + \(\frac{3}{4}\)" countertop, giving a finished countertop height of 36". The finished countertop height of 36" - 2 \(\frac{7}{16}\)" = 33 \(\frac{3}{8}\)" sill height. The sill height will have to be changed to compensate for different size cabinets or materials.