Formula:
Finished Countertop Height - 2 7/8" = Sill Height

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