**REQIREMENT ANALYSIS**

**HIGH LEVEL REQUIREMENTS**

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| **1.** | BMI can help determine a person that weather it is unhealthy or healthy weight.  These are the data on which BMI is categorised----  Below 18.5 is underweight.  Between 18.5 and 24.9 is Normal  Between 25 and 29.9 is an overweight BMI.  The formula for calculating the BMI, weight is divided by the square of the height. Here the weight is in kilograms and height is in meters.  **BMI=kg/(m)^2** |
| **2.** | Basal Metabolic Rate is the number of calories required to keep your body functioning at rest. BMR is also known as your body's metabolism; therefore, any increase to your metabolic weight, such as exercise, will increase your BMR. |
| **3.** | To fulfil the requirement of finding the age by using the date of birth, this age calculator is made. |

**LOW LEVEL REQUIREMENTS**

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| **1.** | Input data of date of birth for age calculator, and age, weight and height, and the gender category i.e. Male and Female for BMI and BMR. |
| **2.** | The CPP programming language is used in this entire project. |
| **3.** | In this project we use GitHub repository to store the project and Visual Studio code for debugging the code.  Some other tools are used for making the UML diagrams. |