REQUIREMENTS RESEARCH

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| **SI No**. | **Parameters** | **History** | **Features** | **Pros** | **Cons** |
| **1.** | BMI Young | This term was coined in early 19th century. | Fitness of an individual can be defined on the basis of BMI. | Requirements for the test are quite minimal. | Improvements in GUI is needed. |
| **2.** | BMI Old | Lambert Jacques Quetelet , a mathematician came up with this idea. | On can track their health status. | Calculation can be done on the regular basis. | It’s an indirect measure of body fat. |
| **3.** | BMR Young | Came up with the simple formula. | It defines the category ,for ex. underweight ,overweight. | Cost is too low . | Other health parameters like bone density does not comes in picture. |
| **4.** | BMR Old | It was a simple way to measure the degree of obesity of the general population. | It also suggests the amount of calories need to be consumed . | Requires no big hardware and is time efficient too. | Change in height and weight does not reflect in change in bone density. |