# BMI & BMR

0.2

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# BMI-BMR

JavaScript calculation of BMI and BMR

# Chapter 2

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## 2.1  File List

Here is a list of all files with brief descriptions:

# Chapter 3

# File Documentation

## 3.1 bmi_bmr_calc_fn.js File Reference

**Functions**

- function GetBMR (sex, weight, size, age)

  *Function to get the BMR by values.*
- function GetBMI (weight, size)

  *Function to get the BMI by values.*
- function CalcIt ()

  *Function to do the calculations.*

### 3.1.1 Function Documentation

#### 3.1.1.1 function CalcIt (  )

Function to do the calculations.

Reads and writes the parameters from the added form; see bmi_bmr_calc_form.js.

Definition at line 51 of file bmi_bmr_calc_fn.js.

```
52 {
53    var theForm = document.forms["calculator"];
54    var s_sex = "w";
55    if (theForm.elements[1].checked == true) s_sex = "m";
56    var s_weight = theForm.elements["weight"].value;
57    var s_height = theForm.elements["height"].value;
58    var s_age = theForm.elements["age"].value;
59
60    var d_weight = s_weight.replace(/,/g, ".");
61    var d_height = s_height.replace(/,/g, ".");
62    var d_age = s_age.replace(/,/g, ".");
63
64    var d_bmr = GetBMR(s_sex, d_weight, d_height, d_age);
65    var d_bmi = GetBMI(d_weight, d_height);
66
67    d_bmr = "" + d_bmr;
68    d_bmi = "" + d_bmi;
69
70    theForm.elements["bmr"].value = d_bmr;
71    theForm.elements["bmi"].value = d_bmi;
72 }
```

#### 3.1.1.2 function GetBMI (  *weight,  size* )

Function to get the BMI by values.

**Parameters**

| | |
|---:|:---|
| *weight* | Mixed weight in kg |
| *size* | Mixed size in m |

**Returns**

double returns the BMI for the given parameters

Definition at line 41 of file bmi_bmr_calc_fn.js.

```
42 {
43     var bmi = weight / (size * size);
44     return bmi;
45 }
```

**3.1.1.3   function GetBMR (  *sex,  weight,  size,  age*  )**

Function to get the BMR by values.

**Parameters**

| | |
|---:|:---|
| *sex* | String gender may be m(ale) or f(emale) - single letter |
| *weight* | Mixed weight in kg |
| *size* | Mixed size in m |
| *age* | Mixed age in years |

**Returns**

double returns the BMR for the given parameters

Definition at line 17 of file bmi_bmr_calc_fn.js.

```
18 {
19     var bmr = 0;
20
21     // formula by wikipedia:
22     // http://en.wikipedia.org/wiki/Basal_metabolic_rate#The_Harris-Benedict_equations
23
24     if (sex == "m")
25     {
26         bmr = 66.4730 + (13.7516 * weight) + (5.0033 * (size * 100.0)) - (6.7550 * age);
27     }
28     else
29     {
30         bmr = 655.0955 + (9.5634 * weight) + (1.8496 * (size * 100.0)) - (4.6756 * age);
31     }
32     return bmr;
33 }
```

## 3.2   bmi_bmr_calc_form.js File Reference

**Functions**

- function PrintCalcForm (hostdoctype)

     *Function to printout the calculator form.*

**3.2.1   Function Documentation**

**3.2.1.1 function PrintCalcForm ( *hostdoctype* )**

Function to printout the calculator form.

**Parameters**

| | |
|---|---|
| *hostdoctype* | String type of hosting document. May be in this version "phpBB" or nothing. |

Definition at line 16 of file bmi_bmr_calc_form.js.

```
17 {
18    var headline_class = "";
19    var fieldname_class = "";
20    var content_class = "";
21
22    switch (hostdoctype)
23    {
24       case "phpBB":
25          headline_class = "row1";
26          fieldname_class = "row2";
27          content_class = "row3";
28          break;
29
30       default:
31
32          break;
33    }
34
35    document.write("<form name=\"calculator\">");
36    document.write("<table border=\"0\" cellspacing=\"1\" cellpadding=\"2\" name=\"bmr_bmi_calc\">");
37    document.write("<tr><td colspan=\"3\" class=\"" + headline_class + "\">BMR / BMI - Rechner
      V0.2</td></tr>");
38    document.write("<tr>");
39    document.write("<td class=\"" + fieldname_class + "\">Geschlecht:</td>");
40    document.write("<td class=\"" + content_class + "\"><input type=\"radio\" name=\"sex\" value=\"f\"
      checked> weiblich</td>");
41    document.write("<td class=\"" + content_class + "\"><input type=\"radio\" name=\"sex\" value=\"m\">
      m&auml;nnlich</td>");
42    document.write("</tr>");
43    document.write("<tr>");
44    document.write("<td class=\"" + fieldname_class + "\">Gewicht:</td>");
45    document.write("<td colspan=\"2\" class=\"" + content_class + "\"><input type=\"text\" name=\"weight\"
      maxlength=\"6\" size=\"10\"> kg </td>");
46    document.write("</tr>");
47    document.write("<tr>");
48    document.write("<td class=\"" + fieldname_class + "\">Gr&ouml;&szlig;e:</td>");
49    document.write("<td colspan=\"2\" class=\"" + content_class + "\">");
50    document.write("<input type=\"text\" name=\"height\" size=\"10\" maxlength=\"5\"> m </td>");
51    document.write("</tr>");
52    document.write("<tr>");
53    document.write("<td class=\"" + fieldname_class + "\">Alter:</td>");
54    document.write("<td colspan=\"2\" class=\"" + content_class + "\"><input type=\"text\" name=\"age\"
      size=\"10\" maxlength=\"3\"> Jahre </td>");
55    document.write("</tr>");
56    document.write("<tr align=\"right\">");
57    document.write("<td colspan=\"3\" class=\"" + headline_class + "\"><input type=\"reset\" name=\"reset\"
      value=\"Felder l&ouml;schen\"> <input type=\"button\" name=\"calcit\" value=\"berechnen\" onclick=\"
      CalcIt();\"></td>");
58    document.write("</tr>");
59    document.write("<tr>");
60    document.write("<td class=\"" + fieldname_class + "\">Ergebnis:</td>");
61    document.write("<td class=\"" + content_class + "\">BMR: <input type=\"text\" readonly name=\"bmr\"
      size=\"12\" value=\"0,000\"> kcal / 24 h</td>");
62    document.write("<td class=\"" + content_class + "\">BMI: <input type=\"text\" readonly name=\"bmi\"
      value=\"0,000\" size=\"10\"> kg / m&sup2;</td>");
63    document.write("</tr>");
64    document.write("<tr align=\"center\"><td colspan=\"3\" class=\"" + content_class + "\">");
65    if (navigator.language.indexOf("en") > -1) {
66       document.write("<p lang=\"en\">Written by A.Hermann - this software is OpenSource ");
67       document.write("and is published by the GPL.</p>");
68    } else if (navigator.language.indexOf("de") > -1) {
69       document.write("<p lang=\"de\">Geschrieben von A.Hermann - Diese Software ist OpenSource ");
70       document.write("und unterliegt der GPL.</p>");
71    }
72    document.write("</td></tr>");
73    document.write("</table>");
74    document.write("</form>");
75 }
```

## 3.3 calculate.js File Reference

## 3.4 README.md File Reference

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