Formulas:

O’Neill, J.E.R., Corish, C.A. & Horner, K. Accuracy of Resting Metabolic Rate Prediction Equations in Athletes: A Systematic Review with Meta-analysis. *Sports Med* **53**, 2373–2398 (2023). <https://doi.org/10.1007/s40279-023-01896-z>

For bf: Molina-Luque R, Carrasco-Marín F, Márquez-Urrizola C, Ulloa N, Romero-Saldaña M, Molina-Recio G. Accuracy of the Resting Energy Expenditure Estimation Equations for Healthy Women. Nutrients. 2021 Jan 24;13(2):345. doi: 10.3390/nu13020345. PMID: 33498930; PMCID: PMC7912292.

A screenshot of a computer

Description automatically generated

* Activity level multiplier: A screenshot of a computer

  Description automatically generated

Plan:

* Input Webpage (All should have placeholders)
  + Age
    - Number Input
  + Weight
    - Number Input with Unit selector for kg or lb
  + Gender
    - Radio selector
  + Activity level
    - Drop Down with descriptions.
  + Submit Button

\*Use .checked function to check the input of radio selectors, to get a value from input use .value

* Design
  + TDEE Calculator as header
  + Form under ^
  + Blue color theme
* Result Page Design:
* Send an error message if wrong input was submitted