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**Assignment**:

Writing an application that calculates the physical condition,

weight and ideal weight of a human, when gender, height

physique, etc. are known according to the exercise requirement.

**Algorithm:**

Calculation of physical condition - weight is by the [BMI](https://he.wikipedia.org/wiki/%D7%9E%D7%93%D7%93_%D7%9E%D7%A1%D7%AA_%D7%92%D7%95%D7%A3) Body

Mass Index in accordance with the following formula, for both

men and women: BMI = W / H^2

and the ideal weight according to the formula:

ideal weight = (height - 100 + (age / 10)) \* 0.9 \* slimness.

**Main Goals:**

To design using [MVC](https://he.wikipedia.org/wiki/Model_View_Controller) pattern

Using Multi Panels

Using Group of Buttons and Radio Buttons

Using sliders

**To run the first part go to ControllerBMI.java and for the second part BMITask.java**