Statement of the Problem:

The main objective of this research is to determine the height and the weight of a person by standing in front of the camera at a specific standing position for easier and efficient user experience.

Specifically, the study aimed to answer the following:

1. Collect the height and weight data of a certain individual then system will automatically compute the Body Mass Index of that particular person.
2. Identify the different obesity levels of a person.
3. Propose the appropriate exercise and diet program based on their BMI.
4. Produce a paper copy of all the data gathered from a person including the height, weight, BMI, suggested proper diet and exercise.

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