



MAKE POSSIBLE  
BMI & BMR CALCULATION

USAGE MANUAL

## Table of Contents

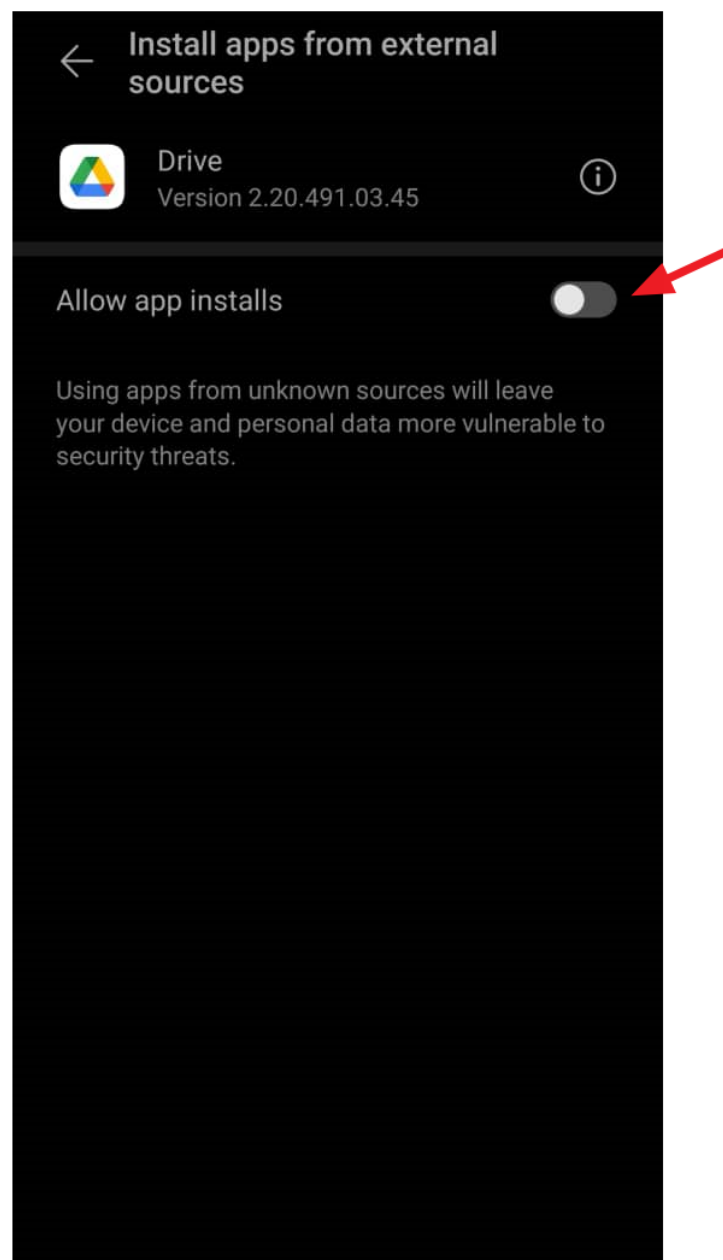
<b>1.0: Installation.....</b>	<b>3</b>
<b>2.0: Homepage.....</b>	<b>4</b>
<b>2.1: Side Bar Menu.....</b>	<b>5</b>
<b>3.0: Dashboard BMI .....</b>	<b>6</b>
<b>3.1 Example of Bar Chart.....</b>	<b>7</b>
<b>3.2: Example of Pie Chart.....</b>	<b>8</b>
<b>3.3 Example of Line Chart.....</b>	<b>9</b>
<b>4.0: BMI history .....</b>	<b>10</b>
<b>5.0: BMR history.....</b>	<b>12</b>
<b>6.0: BMI Calculator .....</b>	<b>14</b>
<b>6.1: Result of BMI.....</b>	<b>15</b>
<b>7.0 BMR Calculator .....</b>	<b>16</b>
<b>7.1: Result of BMR.....</b>	<b>17</b>

## 1.0: Installation

Click on this link and install the APK file.

<https://drive.google.com/file/d/173e1FuM0WwUNSPimsvCi0R7VoYw-qVRK/view?usp=sharing>

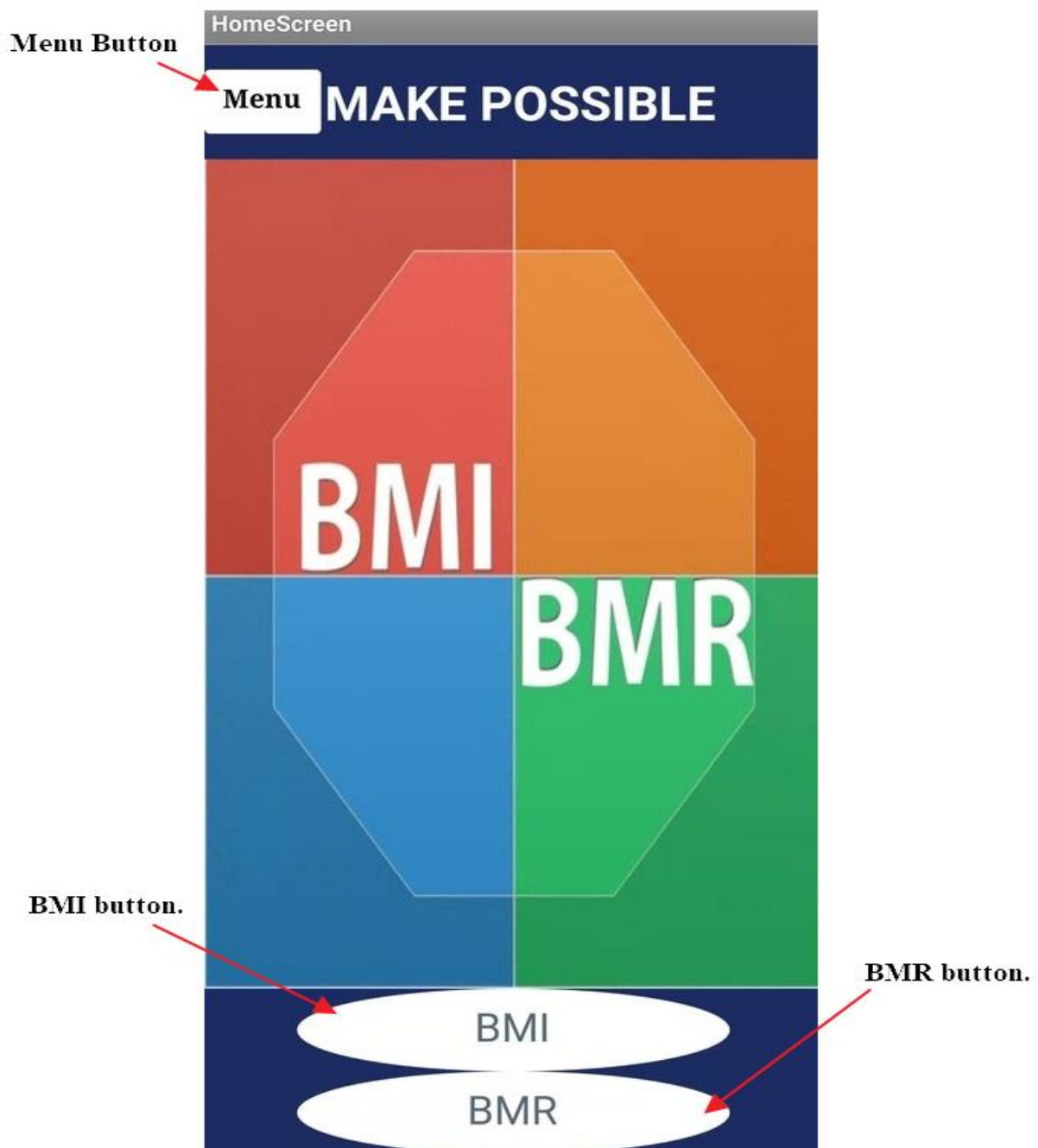
If you haven't allowed app installs from Google Drive. Click on the "Allow app installs" to make sure your device is able to install from external source for Google Drive.



## 2.0: Homepage

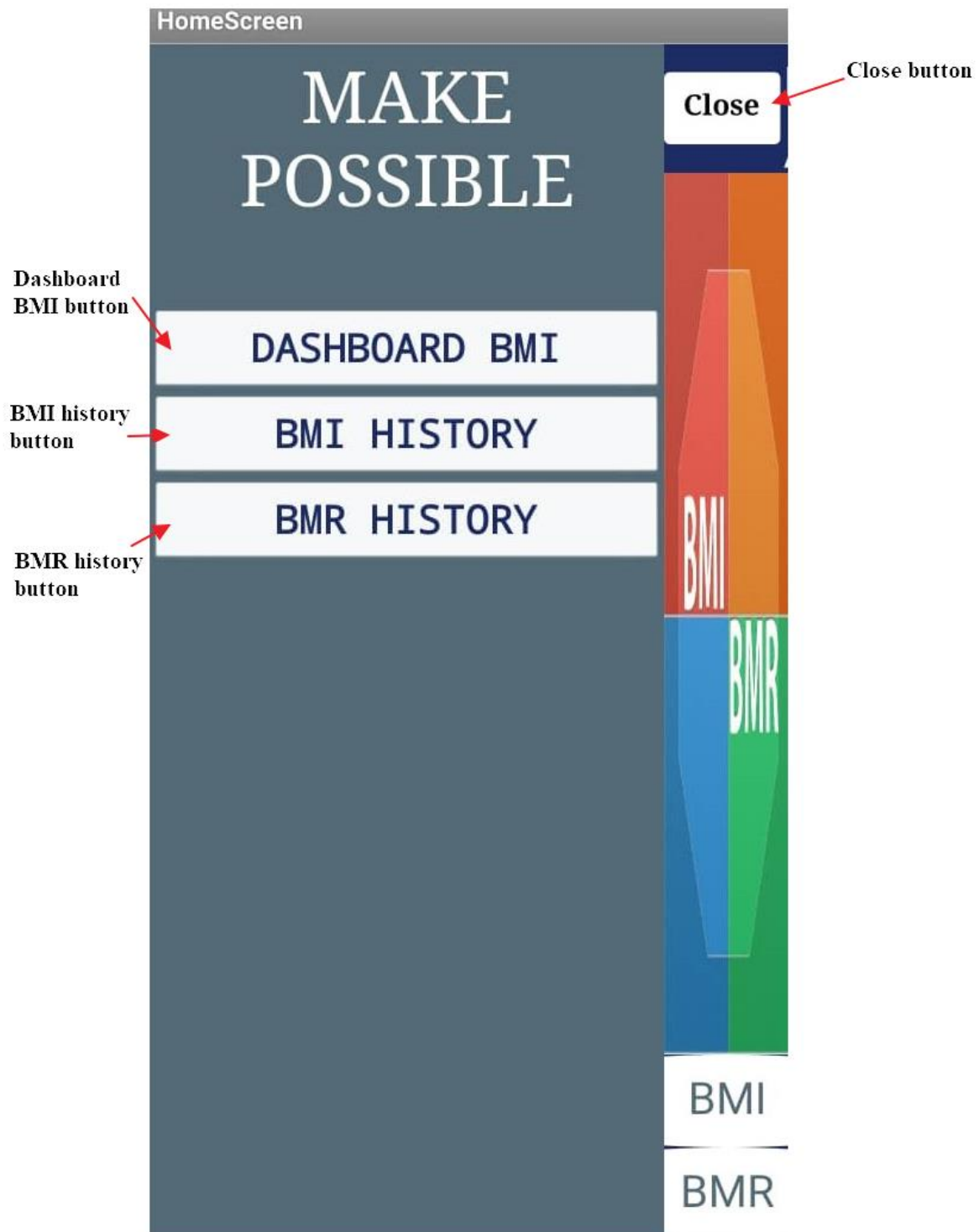
This is the interface of the homepage.

- Menu button can show the side bar menu. (Refer 2.1).
- The BMI button will navigate you to BMI Calculator. (Refer 6.0).
- The BMR button will navigate you to BMR Calculator. (Refer 7.0).



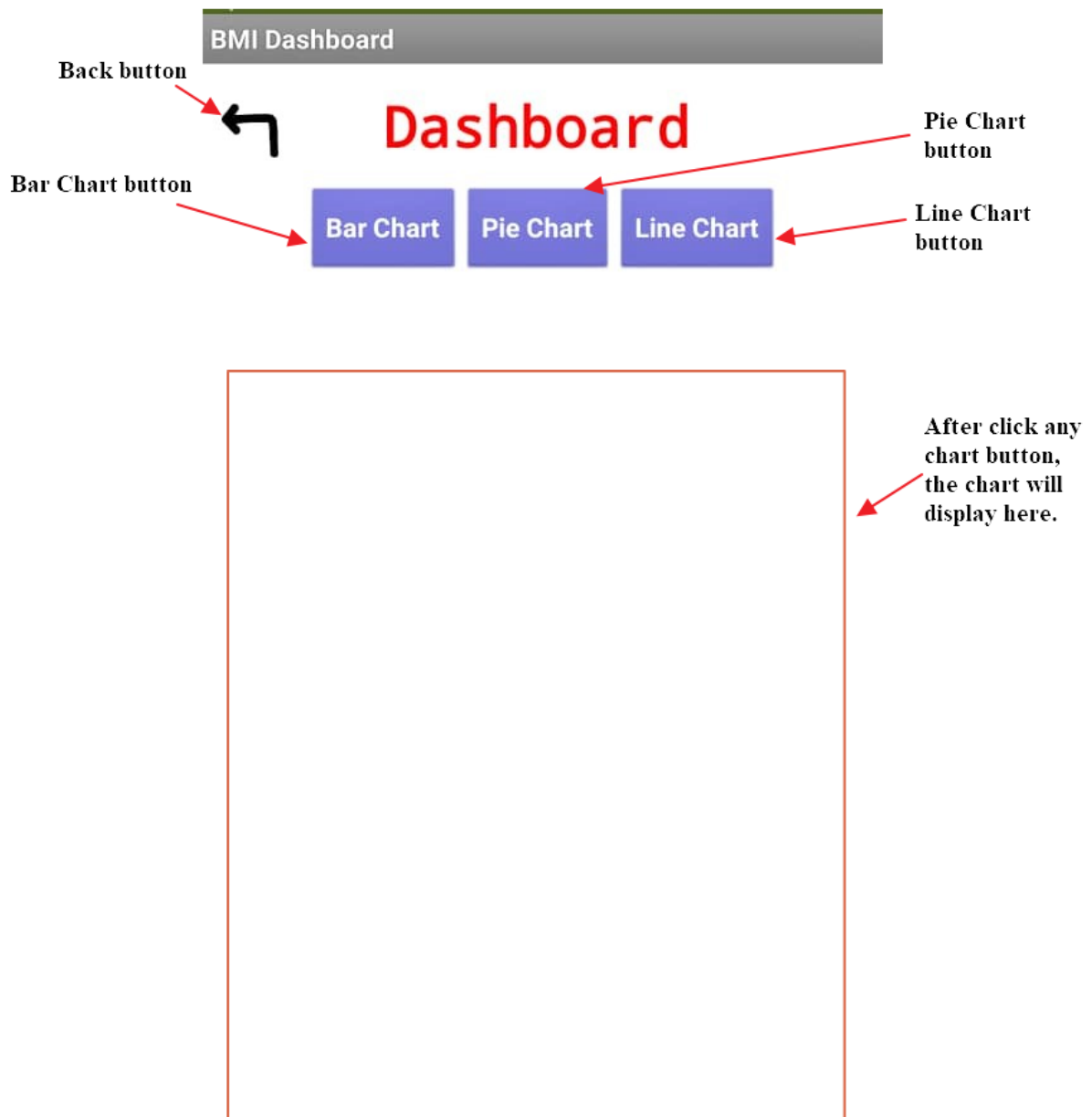
## 2.1: Side Bar Menu

- Side bar menu show there have Dashboard BMI, BMI history and BMR history.
- On the top right of the page, has a button to close Side Bar Menu.

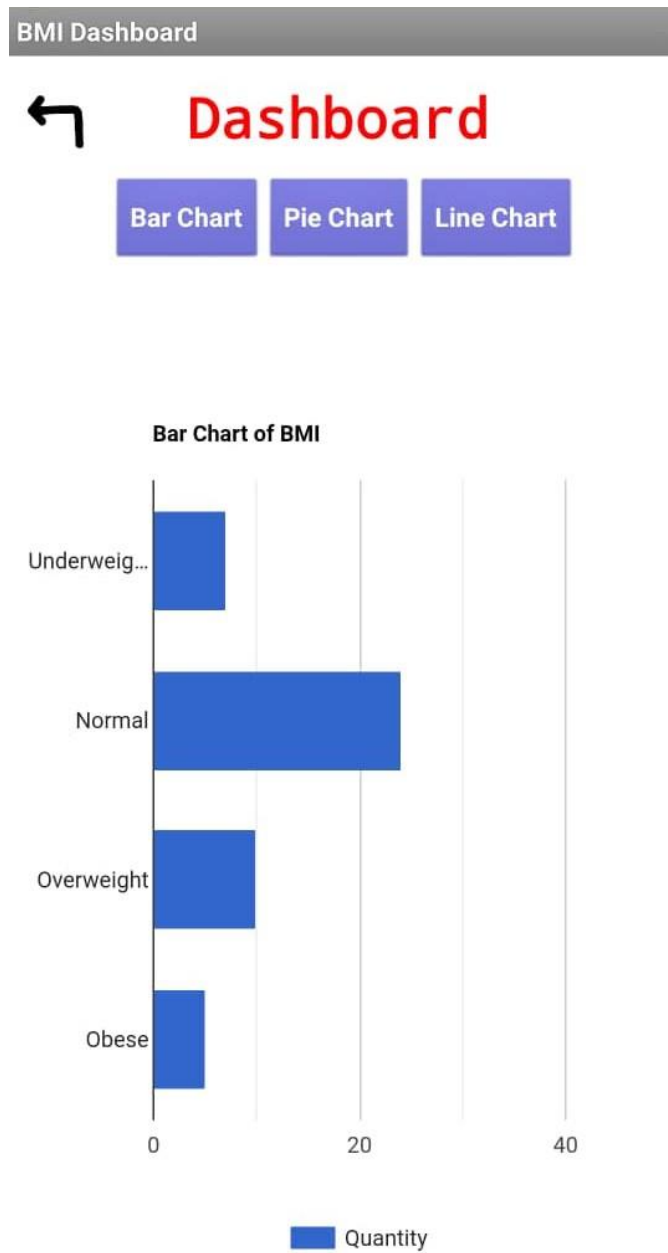


### 3.0: Dashboard BMI

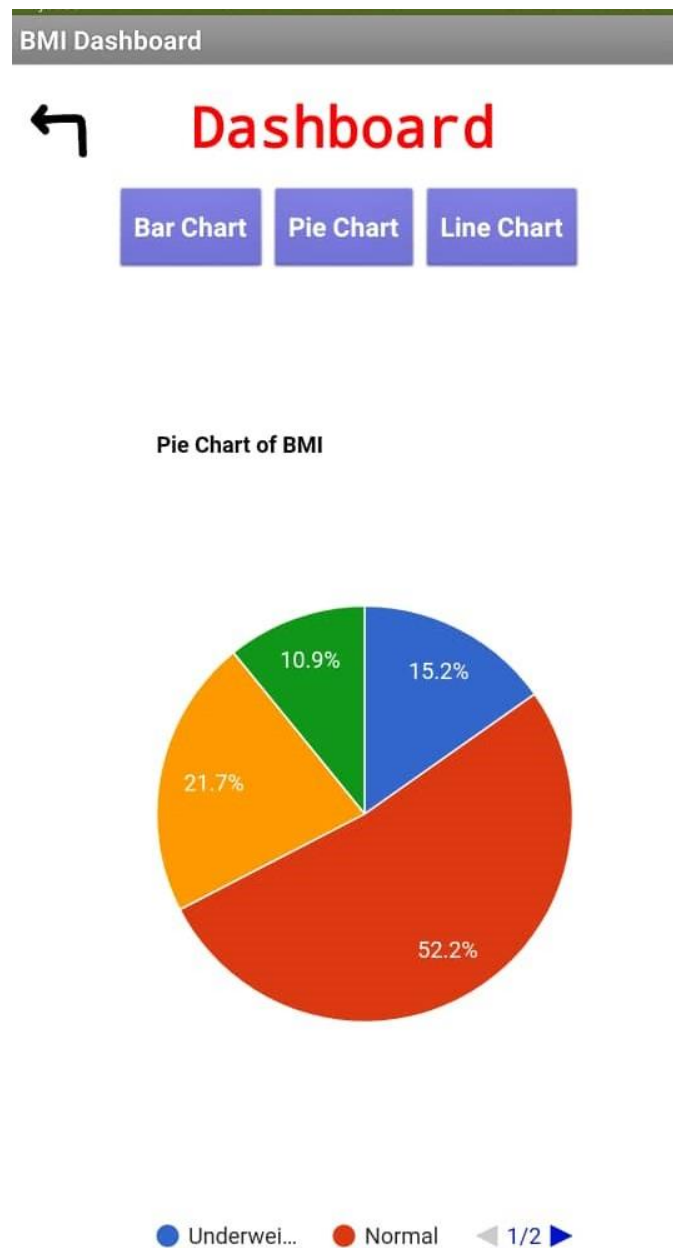
In the dashboard, there have three types of charts to show the data. Top left is the back button.



### 3.1 Example of Bar Chart

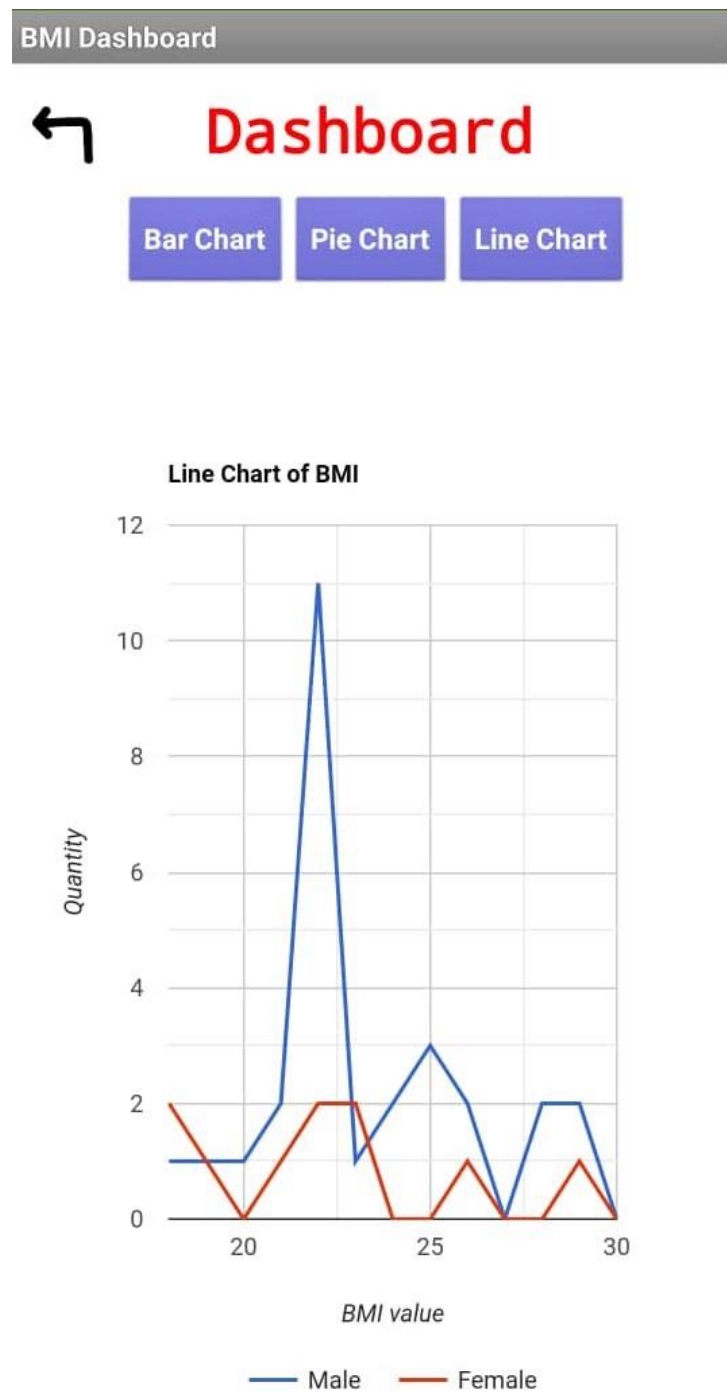


## 3.2: Example of Pie Chart





### 3.3 Example of Line Chart



## 4.0: BMI history

This interface shows the person in the past who calculate their BMI value. Click on the name or BMI value for more detail.

The screenshot shows a web interface titled "History BMI". At the top left, there is a "Back button" represented by a left-pointing arrow. The main title "History of BMI" is displayed in red. Below the title, a list of BMI history entries is shown. Each entry consists of a name and a BMI value. The first entry, "Name: Mary BMI Value: 23", is highlighted with a red rectangular box. An annotation points to this box with the text "The person who calculate BMI before, click for more detail." To the right of the list, a red arrow points downwards with the text "Scroll down to view more people".

History BMI

Back button

### History of BMI

The person who calculate BMI before, click for more detail.

Name: Mary  
BMI Value: 23

Name: Kelvin  
BMI Value: 31

Name: Tan  
BMI Value: 19

Name: Chan  
BMI Value: 22

Name: Kelvin  
BMI Value: 15

Name: Sivakumar  
BMI Value: 20

Name: Azizah  
BMI Value: 15

Name: Ali  
BMI Value: 21

Name: Lim  
BMI Value: 21

Scroll down to view more people

This interface shows the history BMI detail of the person.

History Detail BMI

## Detail of Mary

This show when the user calculate the BMI → Date & Time : 17/09/2021 17:41:22

Show gender → Gender : Female

Show weight → Weight : 60 kg

Show height → Height : 150 cm

Show BMI value → BMI : 23

Show BMI status → Status : Normal

Go back to the history of BMI page → [Back](#)

## 5.0: BMR history

This interface shows the person in the past who calculate their BMR value. Click on the name or BMR value for more detail.

The screenshot shows a web interface titled "History BMR". At the top left, there is a "Back button" represented by a left-pointing arrow. Below the title, a list of names and their corresponding BMR values is displayed. The first entry, "Name:Lucy BMR Value:1406", is highlighted with a red rectangular box. An annotation points to this box, stating "The person who calculate BMR before, click for more detail." To the right of the list, another annotation points downwards with the text "The person who calculate BMR before,". The list contains the following entries:

- Name:Lucy  
BMR Value:1406
- Name:Daphne  
BMR Value:1239
- Name:Ong  
BMR Value:1163
- Name:Lee  
BMR Value:1978
- Name:Faizal  
BMR Value:1598
- Name:Ahmad  
BMR Value:1492
- Name:Jack  
BMR Value:1605
- Name:David  
BMR Value:1705
- Name:Christopher  
BMR Value:1774

This interface shows the history BMR detail of the person.

History Detail BMR

## Detail of Lucy

This show when the user calculate the BMR → Date & Time : 17/09/2021 18:20:08

Show age → Age : 21

Show height → Height : 178 cm

Show weight → Weight : 56 kg

Show gender → Gender : Female


Show BMR value → **BMR : 1406**

Go back to the history of BMR page → [Back](#)

## 6.0: BMI Calculator

Follow the step below to calculate BMI value:

1. Enter name
2. Choose gender
3. Enter height
4. Enter weight
5. Click on button to calculate BMI.

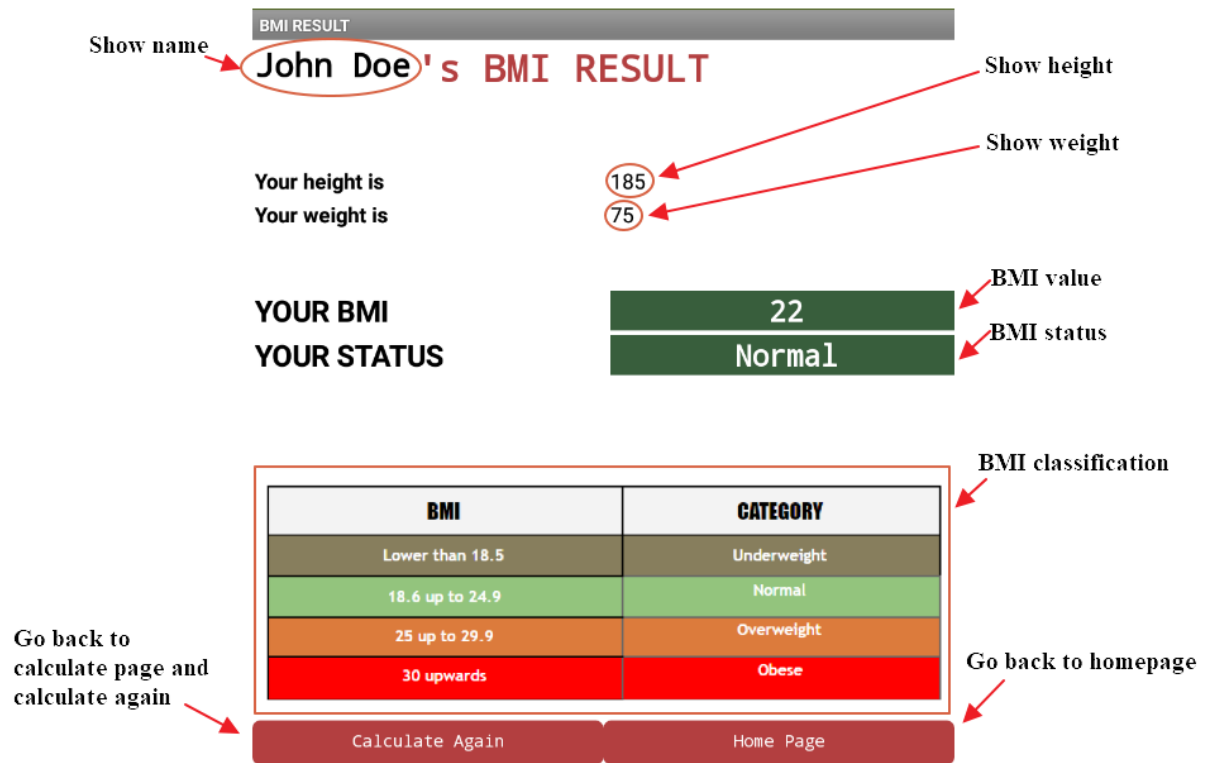
Back button 

# BMI CALCULATOR

Name	<input type="text"/>	1. Enter name
Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female	2. Choose gender
Height (in cm)	<input type="text"/>	3. Enter height
Weight (in kg)	<input type="text"/>	4. Enter weight
<input type="button" value="Calculate"/>		5. Click on the button to calculate BMI

## 6.1: Result of BMI

After click the “Calculate” button, this interface shows the BMI result of a person.



## 7.0 BMR Calculator

Follow the step below to calculate BMR value:

1. Enter name
2. Enter age
3. Enter height
4. Enter weight
5. Choose gender
6. Click on button to calculate BMR.

Back button

BMR

< BMR CALCULATOR

Name

1. Enter name

Age

Age 15- 80

2. Enter age

Height (in cm)

3. Enter height

Weight (in kg)

4. Enter weight

Gender

☐ Male

☐ Female

5. Choose gender

6. Click on button to calculate BMR

Calculate



## 7.1: Result of BMR

After click the “Calculate” button, this interface shows the BMR result of a person.

The screenshot shows a web interface for displaying BMR results. Annotations with red arrows point to various elements: 'Show name' points to the name 'John Doe'; 'Show age' points to the value '30'; 'Show gender' points to 'Male'; 'Show height' points to '185'; 'Show weight' points to '75'; 'BMR value' points to the result 'BMR = 1761 Calories / day'; 'BMR classification' points to the table of activity levels and calories; 'Go back to calculate page and calculate again' points to the 'Calculate Again' button; and 'Go back to homepage' points to the 'Home Page' button.

**BMR RESULT**

**John Doe's BMR RESULT**

Your age is 30  
Your gender is Male  
Your height is 185  
Your weight is 75

**RESULT**

**BMR = 1761 Calories / day**

Activity Level	Calorie
Sedentary: little or no exercise	2113
Exercise 1-3 times/week	2421
Exercise 4-5 times/week	2580
Daily exercise or intense exercise 3-4 times/week	2730
Intense exercise 6-7 times/week	3038
Very intense exercise daily, or physical job	3346

**Calculate Again** **Home Page**