MAKE POSSIBLE

BMI & BMR CALCULATION

USAGE MANUAL

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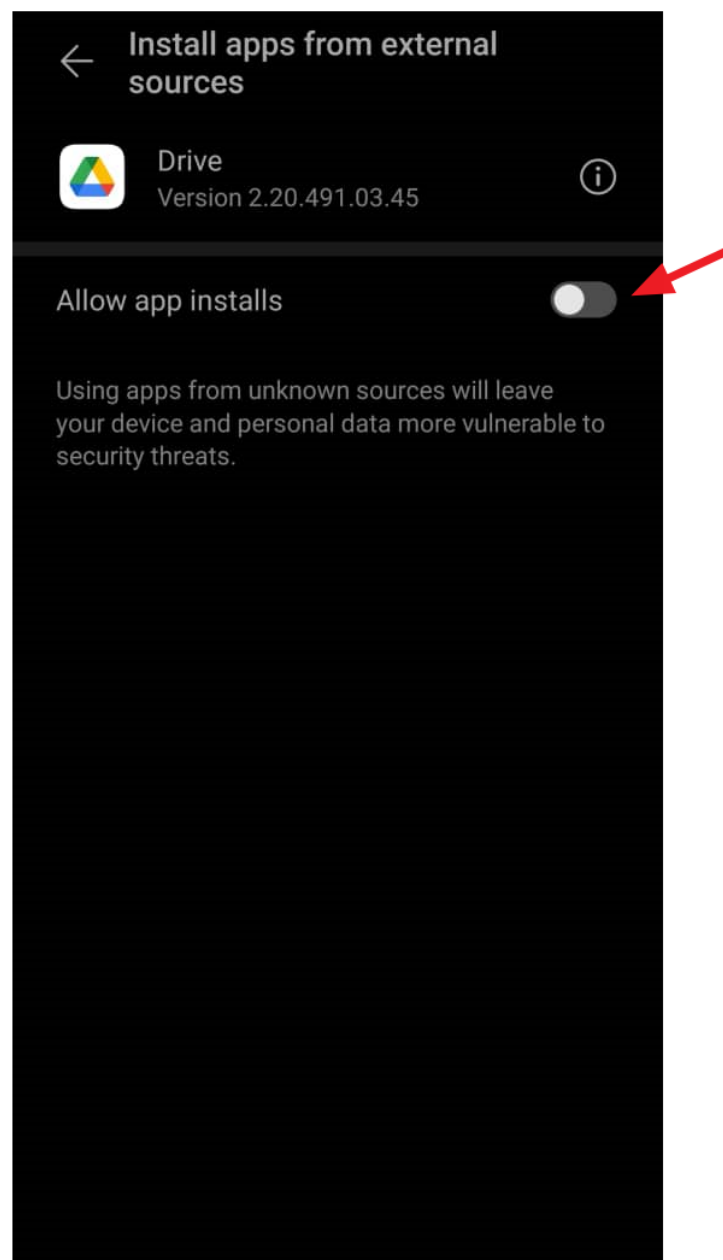
1.0: Installation

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.
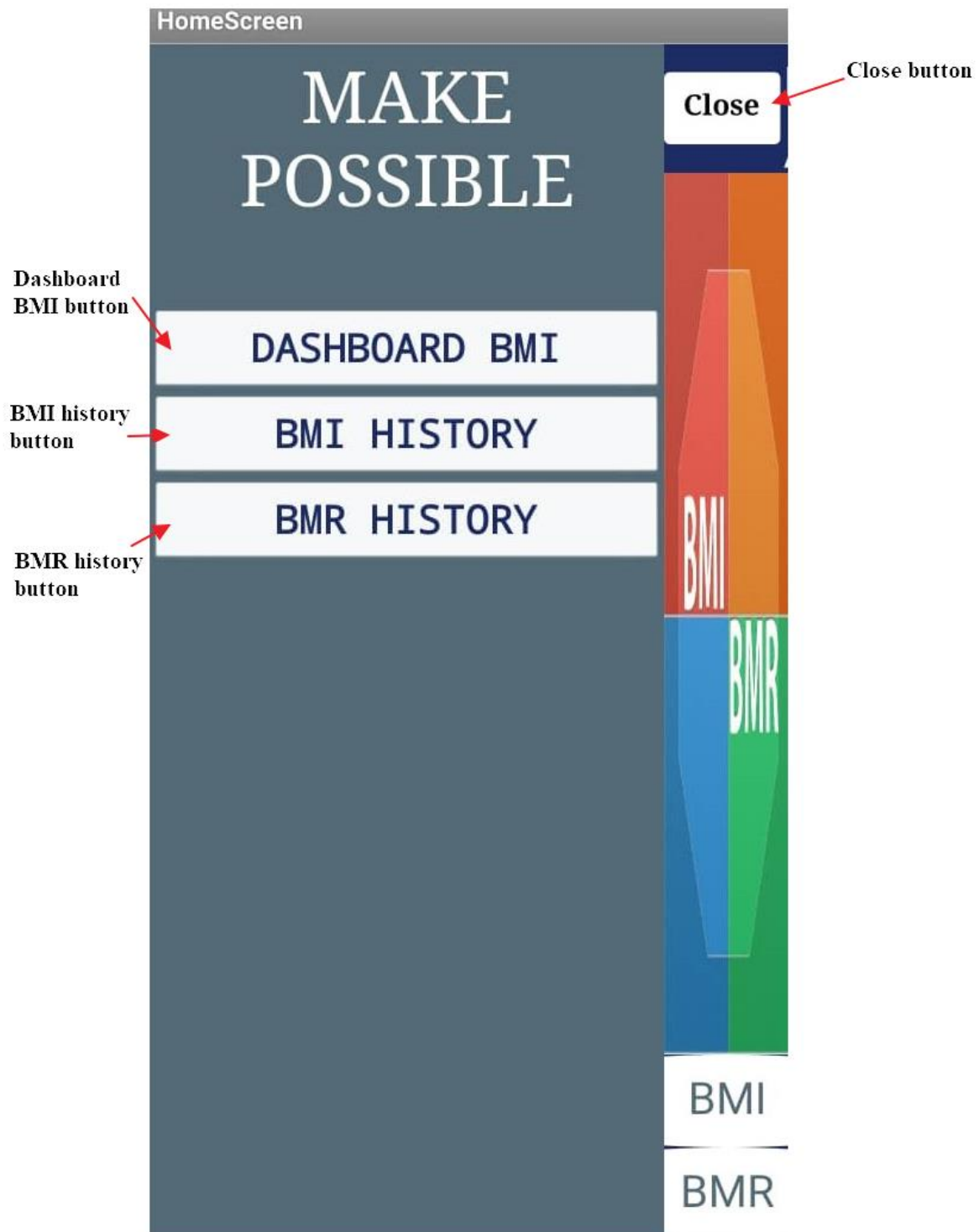
2.0: Homepage

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).
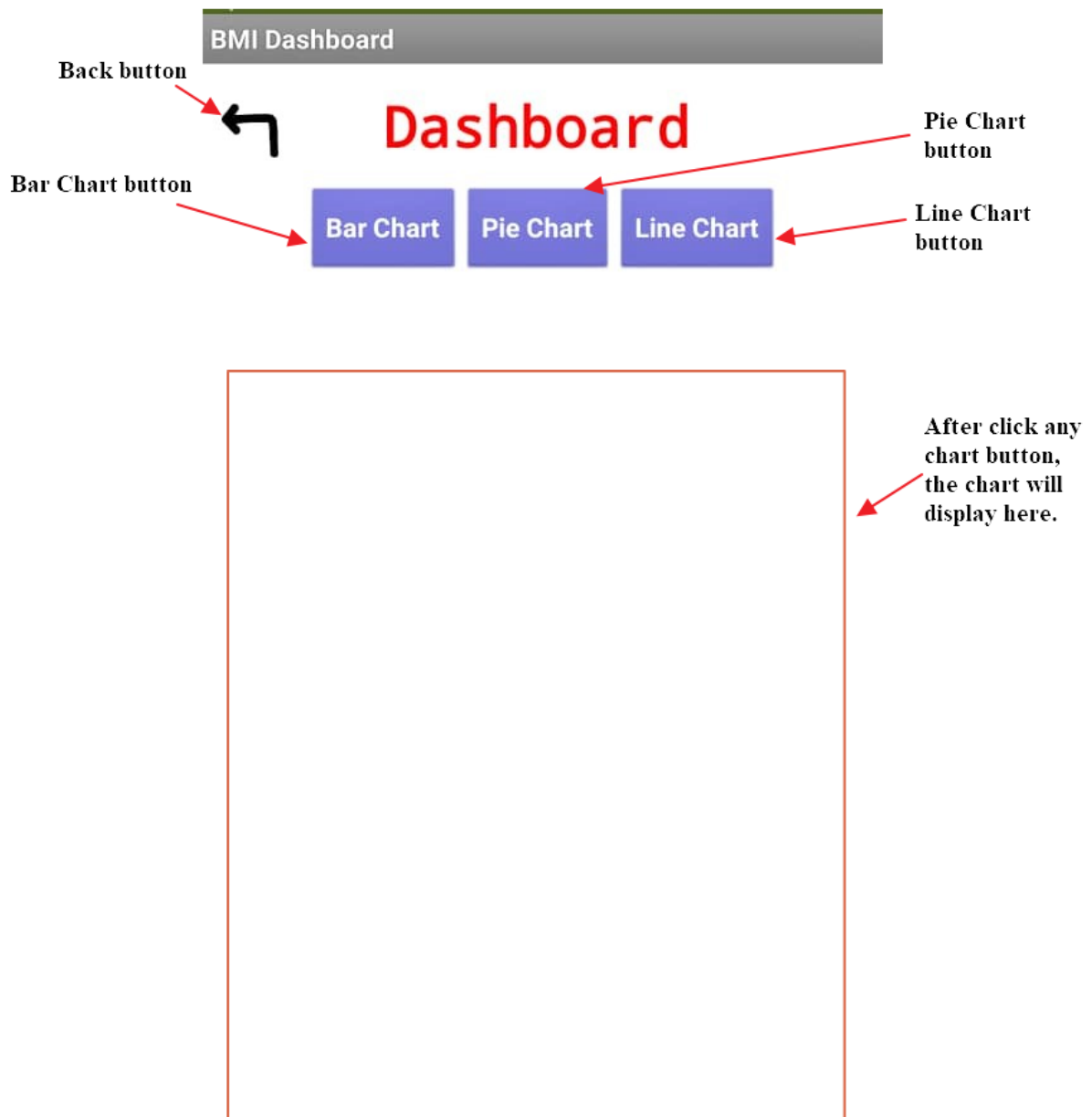- The BMR button will navigate you to BMR Calculator. (Refer 7.0).
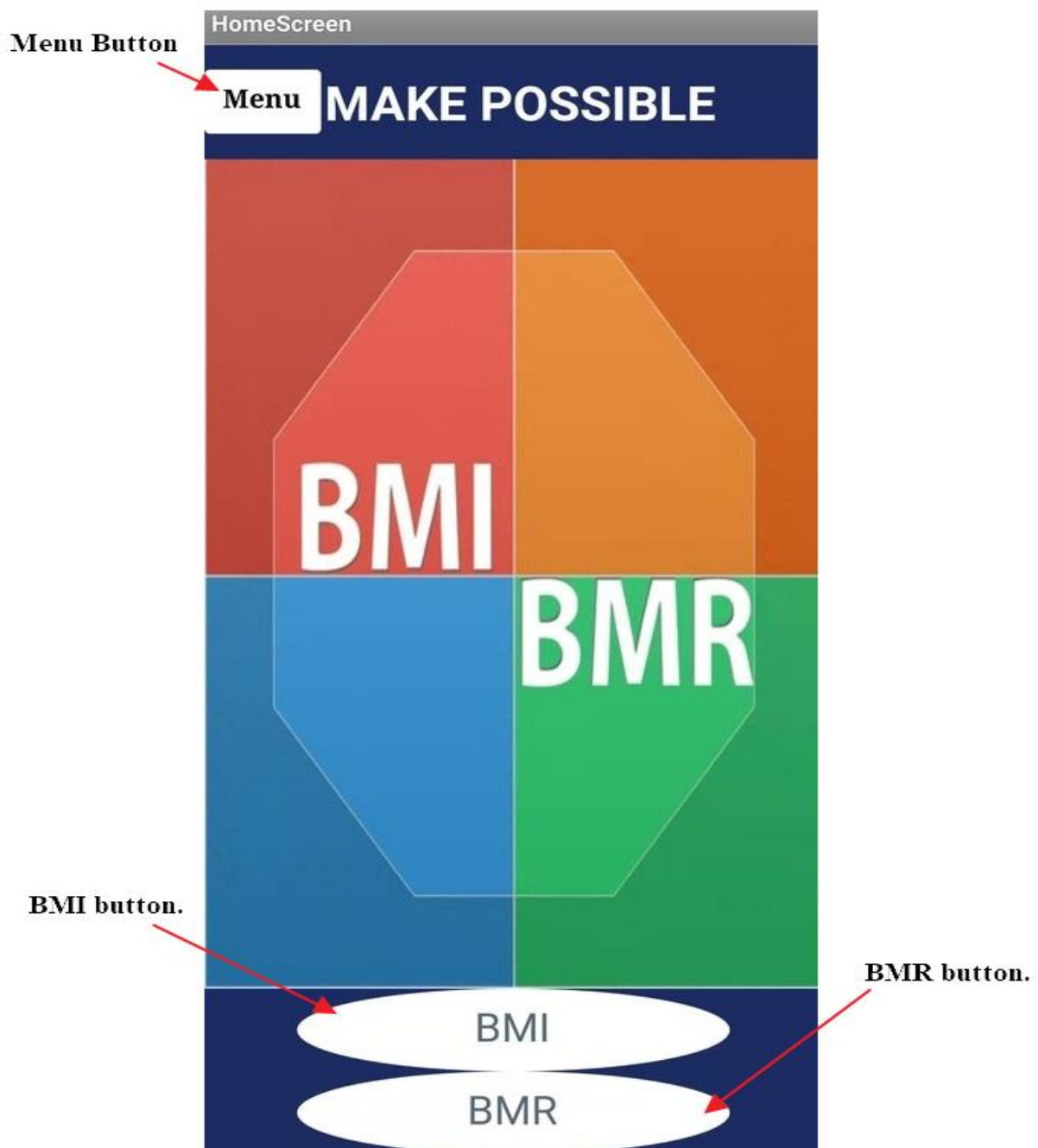
2.1: Side Bar Menu

- 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.
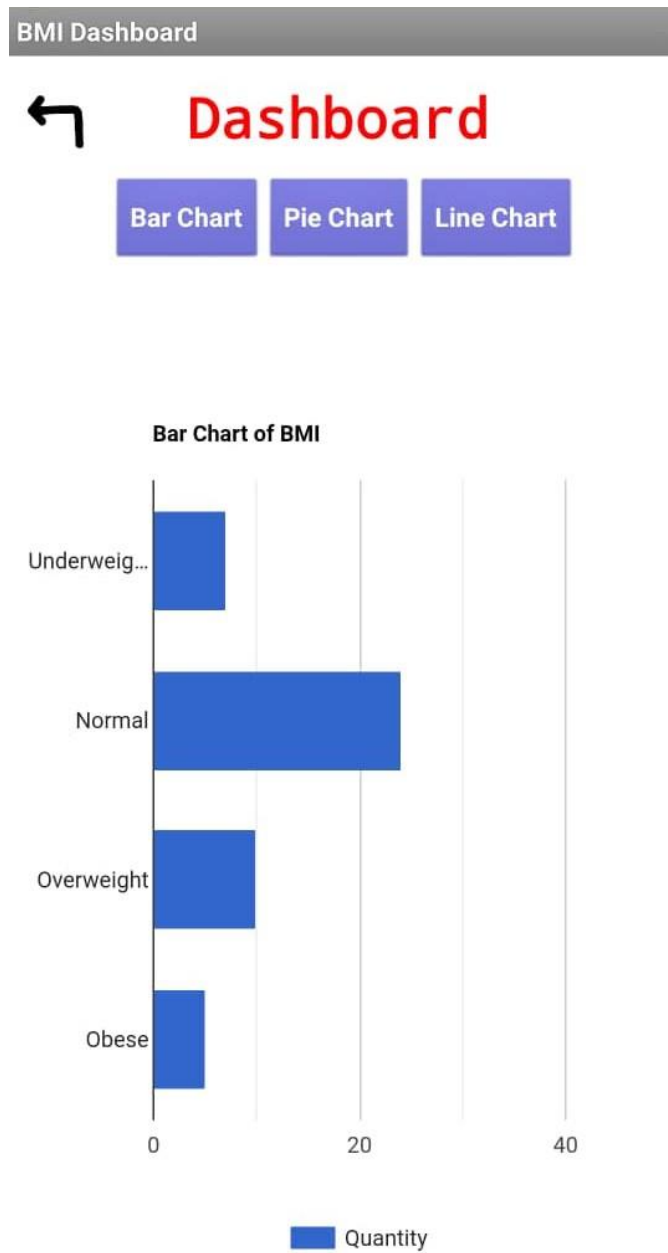
3.0: Dashboard BMI

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

Back button

Pie Chart button

Bar Chart button

Line Chart button

After click any chart button, the chart will display here.
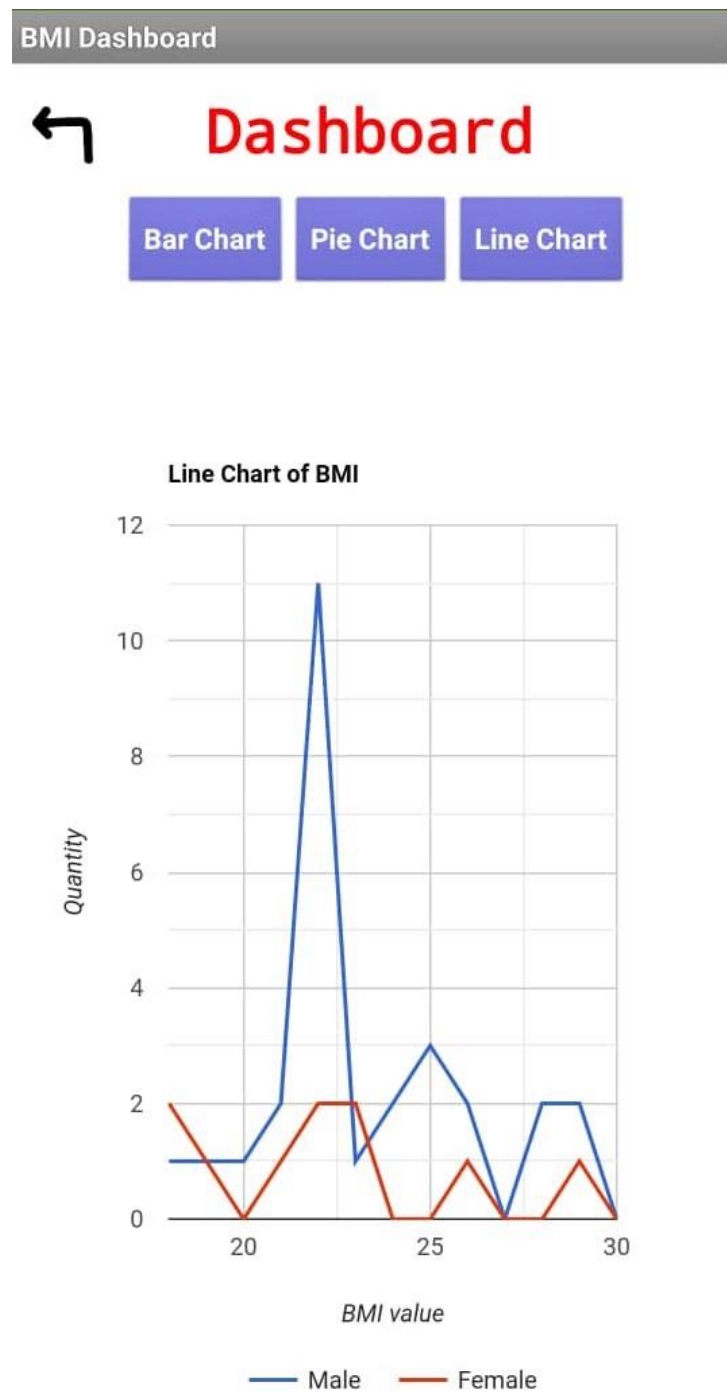
3.1 Example of Bar Chart

3.2: Example of Pie Chart
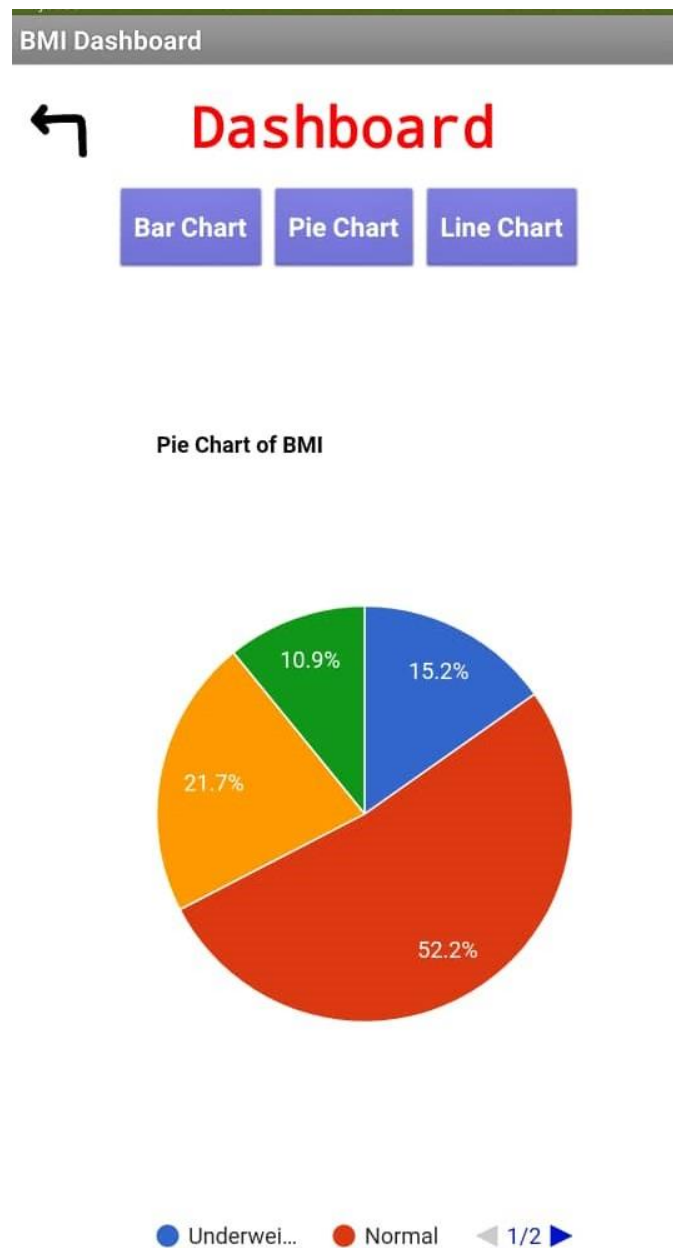
3.3 Example of Line Chart

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.

Back button

History BMI

History of BMI

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

Name:Mary
BMI Value:23

Scroll down to view more people

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

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.

Back button

History of BMR

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

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

The person who calculate BMR before,

This interface shows the history BMR detail of the person.

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
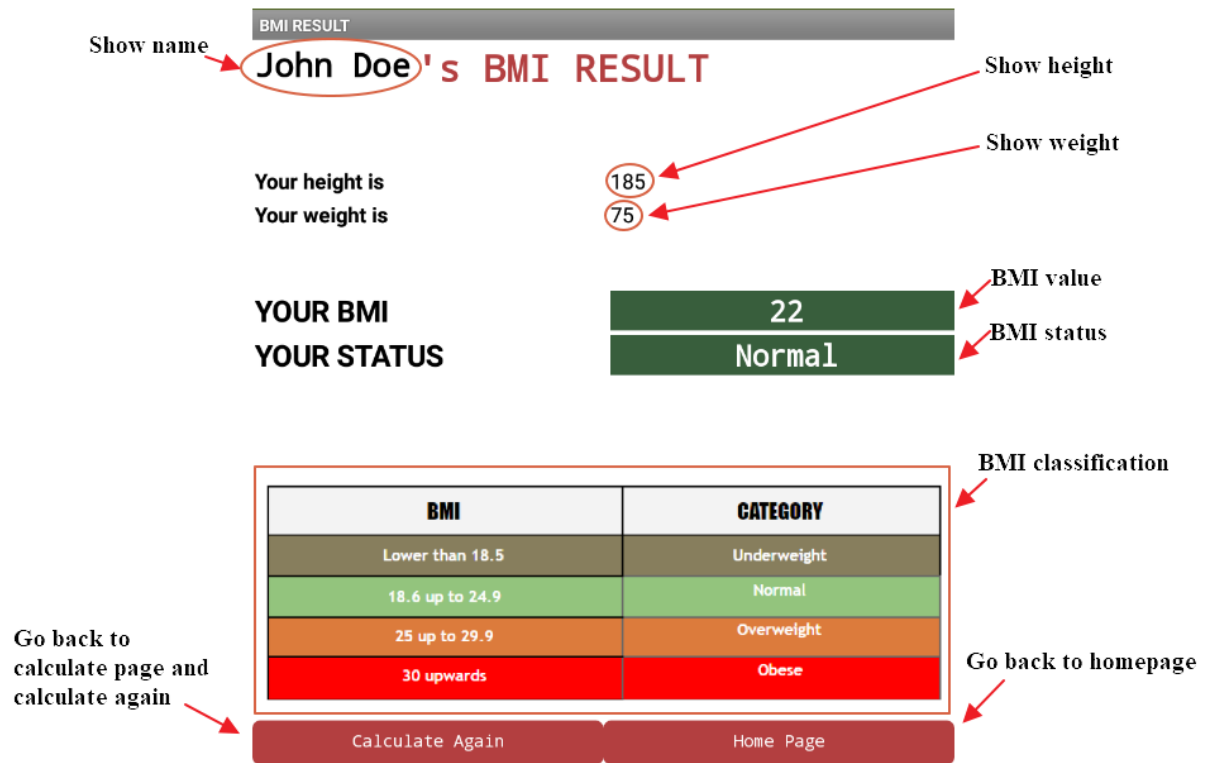5. Click on button to calculate BMI.

6.1: Result of BMI

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

Show name

John Doe's BMI RESULT

Show height

Show weight

Your height is (185)

Your weight is (75)

BMI value

YOUR BMI | 22

BMI status

YOUR STATUS | Normal

BMI classification

BMI	CATEGORY
Lower than 18.5	Underweight
18.6 up to 24.9	Normal
25 up to 29.9	Overweight
30 upwards	Obese

Go back to calculate page and calculate again

Go back to homepage

Calculate Again | Home Page

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.

7.1: Result of BMR

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

Show name

BMR RESULT

John Doe   **'s BMR RESULT**

Show age
Show gender
Show height
Show weight

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

RESULT

BMR value

BMR = **1761** Calories / day

BMR classification

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

Go back to calculate page and calculate again

Go back to homepage

Calculate Again	Home Page