Lab 07
BMR Calculator

Objective:

Write a program that calculates a person's BMR to maintain their current weight

- The user inputs their weight in pounds, height in inches, and age in years
- Also the user must specify whether they are a sexually assigned male or female
- Also the user must choose their lifestyle being either Sedentary, Somewhat active, Active, Highly active
- BMR for a female is

  BMR = 655 + (4.3 x weight in pounds) + (4.7 x height in inches) – (4.7 x age in years)

- BMR for a male is

  BMR = 66 + (6.3 x weight in pounds) + (12.9 x height in inches) – (6.8 x age in years)

- If the person is sedentary then increase the BMR by 20%. Somewhat active increase BMR by 30%. Active increase the BMR by 40%. Highly active increase by 50%

Example Dialog:

```
Welcome to the BMR calculator!
First are you male or female? Enter M or F
M
How tall are you in inches?
64
What is your weight in pounds?
145
What is your age in years?
26
How would you describe your lifestyle? Sedentary, Somewhat Active,
Active, Highly Active?
Active

Your BMR is 2279.62 calories!
```

Lab Report Questions:

1. Draw a flow chart for your solution.
2. Describe what an else if does.

Finally:
Upload the .java file to the dropbox