# MAKE MY DIET

* Introduction :

This app is helpful for calculating Body Mass Index of a person , by taking the height and weight of the person as the input from the user , which gives us the BMI status of a person (Under Weight, Over Weight, Normal Weight)

BMI is a measurement that is a ratio of your weight and height. It’s a good way to gauge whether your weight is in healthy proportion to your height. In fact, knowing your BMI can help you – and your GP – determine any health risks you may face if it’s outside of the healthy range.

It also suggests the diet plan and fitness plan to get into normal weight and to maintain healthy diet.

* **Related Studies  :**