**Project**

**On**

# BMI WEB APPLICATION

In partial fulfillment of the requirements for the Degree of

**BACHELOR OF COMPUTER APPLICATION**

**Of**

**Thiruvalluvar University – Vellore**

**Submitted by**


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**Under the guidance of**

**Prof. G. SHANTHI M.C.A., M. Tech., NET.,**

**Department of Computer Application**


**Kamban College of Arts and Science for Women**

**(Permanently Affiliated to Thiruvalluvar University)**

**(Accredited by NAAC & An ISO 9001:2015 Certified Institution)**

**Mathur, Tiruvannamalai**


**March-2025**

# CERTIFICATE

This to Certify that the Project " **BMI WEB APPLICATION** " is a Bonafide Record of Project Work done by **MANSA MANOJ IYER(Reg. No. 20622U09054) G. MEENA (Reg. No. 20622U09055), P. MEENA (Reg. No. 20622U09056), S. MONISHA(Reg. No. 20622U09058), V. MONISHA (Reg. No.20622U09059)** during 2024-2025 Submitted to the Thiruvalluvar University, Serkkadu in Partial fulfillment of the requirement of the award of the Degree of **BACHELOR OF COMPUTER APPLICATION** and the project has not previously formed the basis for the award of any other Degree, Diploma, Associateship, Fellowship or other title and that the Project represents independent and original work on the part of the candidate under my guidance.

**Signature of the Guide** **Signature of the Head of the Department**

**Signature of the Head of the Institution**

**Internal Examiner** **External Examiner**

# DECLARATION

We hereby declare that the project entitled **"BMI WEB APPLICATION"** submitted to the Thiruvalluvar University, Serkkadu in partial fulfillment of requirement for the award of the Degree of Bachelor of Computer Application is a record of original project work done by me during 2024- 2025, under the Supervision and Guidance of

**Prof. G. SHANTHI M.C.A., M.Tech.,NET.,** Department of Computer Application, Kamban College of Arts and Science for Women, Thiruvannamalai and has not formed the basis of the award of any Degree/Diploma/ Associateship, Fellowship or other similar title to any candidate of any university

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# BMI WEB APPLICATION

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## ABSTRACT

The BMI Fitness Web Application is a user-friendly tool designed to help individuals calculate their Body Mass Index (BMI) and gain insights into their health status. By entering height and weight, users receive an instant BMI calculation along with basic fitness recommendations. The application operates entirely on the client side, ensuring quick performance, accessibility, and privacy. It is designed to promote awareness of healthy weight ranges and encourage informed lifestyle choices.

Additional features such as interactive UI elements, color-coded BMI results, and basic health tips enhance the user experience. The application can be further improved by adding local storage to track past BMI records. This web-based BMI calculator serves as a quick and effective tool for weight assessment and fitness awareness.



**KEYWORDS:**

BMI Calculator**,** Fitness and Health, Web-Based Application, User-Friendly Interface, Real-Time Calculation, Wellness Tool, Healthy Lifestyle

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