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# My Health App

Created by Mia :)

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# My idea

- Create a simple health app as a reference for users to use while they are trying to achieve their weight goals
- Users can find their Body Mass Index (BMI)
- How many calories per day (Kcals/day) they should be consuming based on their goals
- How many macronutrients they should consume from protein, fats and carbohydrates





# Formulas

## → BMI Calculator

$\text{BMI} = \text{kg}/\text{m}^2$

## → BMR Calculator

Measures resting metabolic rate

$\text{BMR for males} = 66.74 + (\text{weight\_in\_kgs} \times 13.75) + (\text{height\_in\_cms} \times 5.003) - (\text{age} \times 6.755)$

$\text{BMR for females} = 655.1 + (9.563 \times \text{weight\_in\_kg}) + (1.85 \times \text{height\_in\_cm}) - (4.676 \times \text{age})$



# Formulas

## → Harris Benedict Formula

Takes into account Physical Activity Level

Little/no exercise:  $\text{BMR} \times 1.2 = \text{kcal}/\text{day}$

Light exercise:  $\text{BMR} \times 1.375 = \text{kcal}/\text{day}$

Moderate exercise:  $\text{BMR} \times 1.55 = \text{kcal}/\text{day}$

Very active:  $\text{BMR} \times 1.725 = \text{kcal}/\text{day}$

Extra active:  $\text{BMR} \times 1.9 = \text{kcal}/\text{day}$



# Formulas

## → **Weight goal:**

Maintain =  $BMR \times PAL$

Lose weight =  $BMR \times PAL - 500$

Gain weight =  $BMR \times PAL + 500$

## → **Macronutrient consumption**

Grams of Protein =  $EER \text{ for weight goal} \times 0.30 / 4$

Grams of Fats =  $EER \text{ for weight goal} \times 0.35 / 9$

Carbohydrates =  $EER \text{ for weight goal} \times 0.35 / 4$

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# Decisions are made from the users input.



## Essential Inputs include:

- Height
- Weight
- Age
- Gender
- Physical Activity Level
- Weight goals

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**Now let's check out the app!**