### BMI Calculator Pro - User Manual

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### 1. Introduction

Welcome to the BMI Calculator Pro! This application helps you calculate your Body Mass Index (BMI), a numerical value derived from your weight and height. BMI is widely used as a simple indicator to classify weight status and potential health risks.

With BMI Calculator Pro, you can:

* Calculate your BMI using either metric or imperial measurements
* Receive instant health classification based on your BMI
* Get general health recommendations

This user manual will guide you through the installation process and explain how to use all features of the application effectively.

A plate of fruit and a measuring tape next to dumbbells

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### 2. Installation

**System Requirements**

* Python 3.6 or higher
* Tkinter (usually comes with Python installation)

**Installation Steps**

1. **Download the Application**
   * Download the BMI Calculator Pro files from the provided source.
2. **Launch the Application**
   * Navigate to the directory containing the application files.
   * Run the application with:
   * CaslinNoah - SDEV140 - Module 08 - Final Project Submission.py

### 3. Getting Started

After launching the application, you'll see the main window with input fields for your height and weight measurements.

**Main Window**

The main window contains the following elements:

A screenshot of a computer

AI-generated content may be incorrect.

### 4. Using the Application

1. **Title and Description**
   * Located at the top of the window, providing an overview of the application.
2. **Measurement System Selection**
   * Choose between Metric (kilograms, centimeters) and Imperial (pounds, inches) systems.
   * Changing the measurement system will automatically update the unit labels.
3. **Height Input**
   * Enter your height in the specified units (centimeters or inches).
   * The unit label will change based on your selected measurement system.
4. **Weight Input**
   * Enter your weight in the specified units (kilograms or pounds).
   * The unit label will change based on your selected measurement system.
5. **Control Buttons**
   * **Calculate BMI**: Calculates your BMI and opens the Results Window.
   * **Clear**: Clears all input fields.
   * **Exit**: Closes the application after confirmation.
6. **Fitness Icon**
   * A visual representation related to health and fitness.

A screen with a heart and a picture on it

AI-generated content may be incorrect.

**Results Window**

After clicking the "Calculate BMI" button with valid inputs, the Results Window will appear with:

A screenshot of a computer

AI-generated content may be incorrect.

**BMI Value**

Your calculated BMI value, rounded to one decimal place.

1. **BMI Classification**
   * The health category corresponds to your BMI.
   * Color-coded for quick visual reference:
     + Underweight: Blue
     + Normal Weight: Green
     + Overweight: Orange
     + Obese: Red
2. **Health Recommendation**
   * General advice based on your BMI classification.
   * Note: This is general guidance and not a substitute for professional medical advice.
3. **Control Buttons**
   * **Back to Calculator**: Returns to the main input window.
   * **Exit**: Closes the application after confirmation.

### 5. Understanding Your BMI

BMI is calculated using the following formulas:

* **Metric Formula**: BMI = weight(kg) / height²(m²)
* **Imperial Formula**: BMI = (703 × weight(lbs)) / height²(in²)

Your BMI falls into one of these categories:

| **BMI Range** | **Classification** |
| --- | --- |
| Below 18.5 | Underweight |
| 18.5 - 24.9 | Normal Weight |
| 25.0 - 29.9 | Overweight |
| 30.0 and above | Obese |

**Important Notes:**

* BMI is a screening tool, not a diagnostic tool.
* The same BMI may correspond to different body fat levels in different individuals.
* Athletes may have a high BMI due to increased muscle mass rather than body fat.
* BMI may not be as accurate for elderly individuals or those with significant muscle mass.

### 6. Troubleshooting

**Common Issues and Solutions**

1. **Application Won't Start**
   * Ensure Python is properly installed.
   * Verify all required libraries are installed.
   * Check if you're running the script from the correct directory.
2. **Input Errors**
   * If you receive input error messages, carefully read the message and correct your input accordingly.
   * Make sure you're entering only numbers in the height and weight fields. Height should be input in either inches or centimeters.
   * Ensure your values are within reasonable ranges.
3. **Calculation Errors**
   * If you encounter unexpected results, double-check your inputs.
   * Verify you've selected the correct measurement system.

**7. Technical Support**

If you encounter any issues not covered in this manual, please contact technical support:

* Email: support@bmicalculatorpro.example.com
* Website: www.bmicalculatorpro.example.com/support