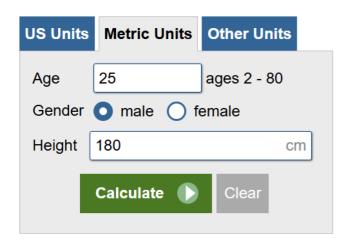
## **Ideal Weight Calculator**

Member 1: WAN AMNI ZAHIRAH BINRI WAN AHMAD NAZARUDDIN A24CS0208

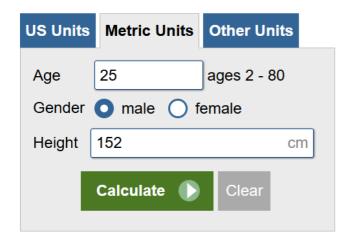
Member 2: NURUL NASRAHTUL BALQIS BINTI MUHAMMAD FAZLI A24CS0177



## Result

The ideal weight based on popular formulas:

Formula	Ideal Weight
Robinson (1983)	72.6 kg
Miller (1983)	71.5 kg
Devine (1974)	75.0 kg
Hamwi (1964)	77.3 kg
Healthy BMI Range	59.9 - 81.0 kg



## Result

According to the World Health Organization's recommendations, your healthy weight range is **42.7** - **57.8** kg.

