

# BMI Calculator Using Flask

## Day 1 of 100 Days of Code (Python Edition)

### Overview

This project is a simple Body Mass Index (BMI) Calculator built using the Flask framework. It allows users to enter their weight (in kilograms) and height (in centimeters), calculates their BMI, and displays the result.

### Technologies Used

- Python (Flask) - Backend framework to handle requests and calculations.
- HTML & CSS - Frontend for user interaction.
- PureCSS - Lightweight CSS framework for styling.

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### Project Structure

BMICalculator/

```
|— static/
|   |— style.css      # CSS file for styling
|— templates/
|   |— BMICAL.html    # HTML template file
|— venv/              # Virtual Environment Directory
|— BMI.mp4            # Demo or explanatory video
| |— BMICal.py        # Flask application
|— README             # Documentation
```

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## How It Works

1. The user enters their weight and height in the form.
2. Upon submission, the form sends a POST request to the server.
3. The Flask backend calculates the BMI using the formula:

$$\text{BMI} = \text{round}((\text{weight} / (\text{height} / 100) ** 2), 2)$$

4. The result is displayed on the webpage.
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## Prerequisites

Make sure you have Python installed on your system. Also, install Flask using:

```
Pip install flask
```

## How to Run Locally

### Step 1: Install Dependencies

Make sure you have Python and Flask installed:

```
pip install flask
```

### 2: Run the App

```
python app.py
```

This will start a local Flask server, usually at <http://127.0.0.1:5000/>.

### Step 3: Open in Browser

Go to <http://127.0.0.1:5000/> in your web browser.

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## Summary

- Built a **Flask-based** web application.
- Learned how to handle **form submission** and **template rendering**.
- Styled the page using **CSS** and **Pure.css**.
- Set up and used a **virtual environment** for dependency management.

This marks the **completion of Day 1** in the 100 Days of Code challenge!

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## Conclusion

This is Day 1 of the 100 Days of Code - Python Edition. Today, we built a BMI Calculator using Flask. Stay tuned for more exciting projects in the coming days!