



Topic: Bmi Calculator

DOMAIN: APP DEVELOPMENT(FLUTTER)

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Introduction

- ▶ With increase in interest of fitness and fitness activities Bmi calculator helps us to measure our Body Mass Index Accurately
- ▶ Which helps us to be in better shape.
- ▶ This App is designed simply to calculate the body mass of an individual
- ▶ Which help them to know about their Fitness Goal.

Problem Statement

- ▶ Many individuals struggle to understand whether their weight falls within a healthy range, which can affect their overall well-being and increase the risk of various health conditions. There is a need for a simple, accessible tool that helps users calculate their Body Mass Index (BMI) based on their height and weight, and provides easy-to-understand feedback about their health category (underweight, normal, overweight, or obese).

Features

- ▶ Core Features: BMI Calculation: Input fields for height (in cm/feet) and weight (in kg/lbs).
- ▶ Real-time or button-triggered BMI calculation. BMI Result Display: Display of BMI value.
- ▶ Categorization (Underweight, Normal, Overweight, Obese).
- ▶ Unit Conversion: Option to switch between metric (kg, cm) and imperial (lbs, feet/inches) units.
- ▶ Health Tips: Suggestions based on BMI category (e.g., tips for weight gain, weight loss, or maintaining current weight).

Future Scope

- ▶ 1. Personalized Health Plans
- ▶ 2. Multi-Language Support
- ▶ 3. Body Composition Analysis
- ▶ 4. Integration with wearable
- ▶ 5. Community and Social Featured

Conclusion

- ▶ The BMI Calculator App serves as a practical and accessible tool for individuals to assess their body weight in relation to their height, promoting greater awareness of personal health. By providing quick calculations, clear categorizations, and helpful guidance, the app empowers users to take proactive steps toward a healthier lifestyle. With potential for further enhancements such as personalized plans, data integration, and advanced analytics, the BMI Calculator can evolve into a comprehensive health companion that supports long-term wellness goals.