

FITNESS CENTER

OPTIONS

HEIGHT . FT/IN

WEIGHT LBS

BMI

BODY FAT

RESET

BMI - 20

RESULTS



Name :

Age :

Gender :

Category :

Risk :

Changes color base on result
Orange = Underweight
Green = Normal
Red = Overweight

You are to fill the Category and
Risk based on the BMI and/or the
Body Fat. All info is giving in
folder.

Option Popup →

PERSONAL INFO

Name :

Age :

Gender : ☐ Male ☐ Female

ENTER

CANCEL

Formulas

$$\text{BMI} = \frac{\text{weight (lbs)}}{(\text{height (in)})^2} \times 703$$

$$\text{Body Fat} = (1.20 \times \text{BMI}) + (0.23 \times \text{AGE}) - (10.8 \times \text{GENDER}) - 5.4$$

Gender: Male = 1, Female = 0