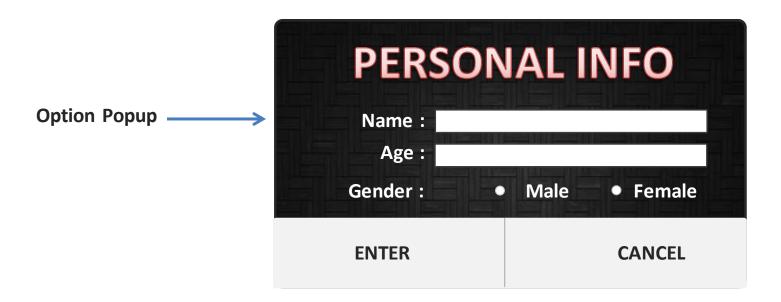
FITNESS CENTER **RESULTS OPTIONS** FT/IN HEIGHT **WEIGHT** LBS Name: **BODY FAT BMI** RESET Age: **Gender: Category: BMI - 20** Risk:

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.



Formulas

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

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

Gender: Male = 1, Female = 0