

Project Proposal

Project Name: Stay Fit

Members:

<div></div>	, ID: 162	<div></div>	600
	, ID: 163	<div></div>	642

Introduction: This program is a Health Measurement Calculator which will give the user a basic idea of how his BMI is calculated and give the necessary direction or guidelines in achieving a balanced and healthy diet, followed by a few extra exercises allowing the user to know how he/she is going to lose his/her weight.

Description: The Program will ask the user its weight, height and name which is going to be the input in the system. Inside the system the persons BMI will be calculated and will show the results based on 3 different categories, Underweight, Overweight and Normal. The output will be based on the categories by showing the user how much calories, protein, carbohydrates is needed by the user depending on his BMI and which category he/she falls in. An additional output will be given to the user showing him/her a few exercises in achieving a proper healthy Figure and if the user is well within the Fit range only a constant values will be shown on his daily Food intake. During the program being executed graphics will be played entertaining the user.

Features:

- Shows BMI along with Health Status
- Different Units of Measurement
- 10 different type of Exercises are given
- BMI Based on Genuine results
- Food/Calories Intake Measurements