

```
weight = INPUT(Enter weight(kg))
```

```
height = INPUT(Enter height(cm))
```

```
age = INPUT(Enter age(years))
```

```
exlevel = INPUT(Enter exercise level)
```

```
targetBMI = 22
```

```
IF exlevel= "Little to no"
```

```
    KCDec = 1.2
```

```
endif
```

```
IF exlevel= "Light"
```

```
    KCDec = 1.375
```

```
endif
```

```
IF exlevel= "Moderate"
```

```
    KCDec = 1.55
```

```
endif
```

```
IF exlevel= "Heavy"
```

```
    KCDec = 1.725
```

```
endif
```

```
IF exlevel= "Very Heavy"
```

```
    KCDec = 1.9
```

```
endif
```

gender = INPUT(Enter gender)

IF gender = "male" then

weightBMR = weight x 13.397

heightBMR = height x 4.799

ageBMR = age x 5.677

endif

IF gender = "female" then

weightBMR = weight x 13.397

heightBMR = height x 3.098

ageBMR = age x 4.330

endif

BMR = (weightBMR + heightBMR) - ageBMR

Dailyintake = BMR x KCDec

BMI = weight / (height x height)

IF 24.9 > BMI > 18.5 then

BMIC = "Normal Weight"

endif

IF BMI < 18.5 then

BMIC = "Underweight"

endif

IF 25 > BMI > 29.9 then

```
        BMIC = "Overweight"  
    endif
```

```
IF BMI >= 30 then  
    BMIC = Obese  
endif
```

```
PRINT(BMR)  
PRINT(BMI)  
PRINT(BMIC)  
PRINT(Dailyintake)  
PRINT(targetBMI)
```