Overview

For this assignment I chose to create a BMI calculator/tracking app. This Excel application works side by side with an Access Database and Microsoft Word Document. Firstly, my program allows for multiple users, for example a family, to input their name, weight, height, and date of log, to a user form. After input, the back-end of my program sends this data to an Access file labeled “Nutrition”. This database stores multiple users’ information, with a distinct ID code for each user. Furthermore, upon closing the excel program, the data generated by the program remains in the database. Once users are done uploading their information, the last person entered will have their BMI generated and shown to them along with a BMI chart. With this BMI chart, one can compare whether their BMI falls under the healthy, unhealthy, or obese category. In addition, once a BMI chart is generated it gets exported to a Word document so that it is always available to the user if they would ever like to refer to it. Secondly, my program also allows for users to modify their previous inputted data to the data base, this is where the BMI tracking aspect of this application comes in. Users can modify their data and their previous record will automatically be updated with their new weight, height, and BMI.