BMI Calculator

This BMI (Body Mass Index) calculator is a web application built using HTML, CSS, and JavaScript. It allows users to calculate their BMI based on their height and weight inputs, providing a simple way to assess if a person's weight falls within a healthy range relative to their height.

Features

- Clean, responsive user interface that works on desktop and mobile devices
- Input fields for height (in centimeters) and weight (in kilograms)
- Instant BMI calculation with a single button
- Color-coded results display (Underweight, Normal weight, Overweight, Obese)
- Detailed interpretation of BMI results with health recommendations
- Metric and Imperial unit conversion options

Technologies Used

- **HTML5**: Provides the structure and layout of the calculator
- **CSS3**: Styles the application with responsive design principles
- **JavaScript**: Handles the calculation logic and dynamic UI updates
- **LocalStorage**: Optionally saves previous calculations for user convenience

Live Demo

A live demo of the application is available at: https://visheshjha11.github.io/bmi-calculator

Installation

Option 1: Direct Download

1. Download the repository as a ZIP file
2. Extract the files to your desired location
3. Open `index.html` in your web browser

Option 2: Using Git

bash

```
                                                    # Clone the repository
         git clone https://github.com/your-username/bmi-calculator.git

                                          # Navigate to the project directory
                                                          cd bmi-calculator

                                            # Open index.html in your browser
```

Usage

1. Enter your height in centimeters in the "Height" field
2. Enter your weight in kilograms in the "Weight" field
3. Click the "Calculate BMI" button
4. View your BMI result and its interpretation
5. To calculate a new BMI, simply update the height and weight fields and click the button again

BMI Calculation Formula

The BMI is calculated using the following formula:

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$$BMI = weight(kg) / height(m)^2$$

Where height is in meters. The application automatically converts centimeter inputs to meters for the calculation.

BMI Categories

BMI Range	Category	Interpretation
Below 18.5	Underweight	May indicate nutritional deficiency or other health issues
18.5 - 24.9	Normal weight	Healthy weight range associated with lower health risks
25.0 - 29.9	Overweight	Increased risk of developing health problems
30.0 and above	Obese	High risk of developing serious health conditions

Project Structure

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```
bmi-calculator/
│
├── index.html          # Main HTML file with the calculator interface
├── css/
│   └── style.css       # CSS styling for the application
├── js/
│   └── script.js       # JavaScript code for BMI calculation logic
├── screenshots/        # Screenshots of the application
├── LICENSE             # License information
└── README.md           # Project documentation
```

Limitations

- BMI is a screening tool and does not directly measure body fat or account for factors like muscle mass, bone density, or overall body composition.
- The calculator does not take into account age, gender, ethnicity, or fitness level, which can influence the interpretation of BMI values.
- BMI results should be considered alongside other health assessments and professional medical advice.

Contributing

Contributions are welcome! Here's how you can contribute to this project:

1. Fork the repository
2. Create a new branch (`git checkout -b feature/improvement`)
3. Make your changes
4. Commit your changes (`git commit -m 'Add some feature'`)
5. Push to the branch (`git push origin feature/improvement`)
6. Open a Pull Request

Please ensure your code follows the project's coding style and includes appropriate documentation.

License

This project is licensed under the MIT License - see the LICENCE file for details.

Acknowledgments

- World Health Organization (WHO) for BMI classification standards
- Various open-source projects that inspired this implementation
- Contributors who have helped improve this calculator

Disclaimer: This BMI calculator is for informational purposes only and should not be considered medical advice. Always consult with a healthcare professional for proper evaluation of your health status.