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BMI CALCULATOR

FLOWCHART

Introduction to BMI (Body Mass Index)

BMI, or Body Mass Index, is a handy way to see if someone's weight is healthy for their height. By looking at both height and weight, it gives an idea of body fat and sorts people into categories like underweight, normal weight, overweight, or obese. These categories can change based on age and region. While BMI isn't perfect, it's a useful tool to spot potential health issues related to being too heavy or too light, and it can help decide if more health checks are needed. [1] (calculator.net, 2008-2024)

Exclusions and Inclusions

For this flowchart, we've decided to exclude the more detailed separate severity levels of underweight and obesity, we'd like to keep the process more simplified, without clutter, and in short terms for the user to easily understand their current BMI classification. The calculator is also able to read US units (the Imperial system) should the user wish to use the units. This is to have some inclusion for certain users who are not familiar with the metric system.

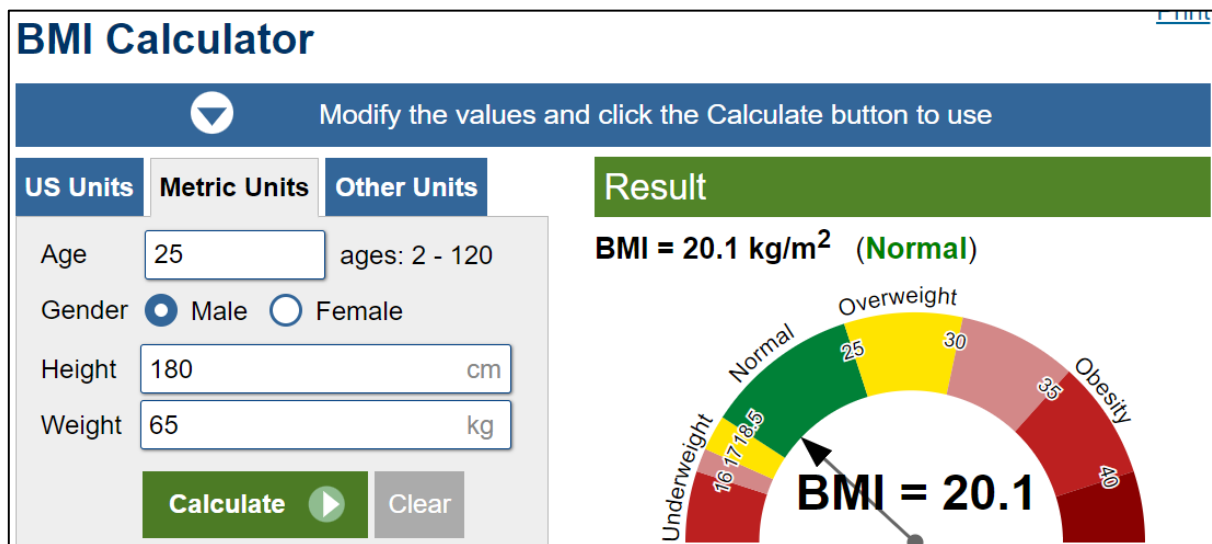


Figure 1: Screenshot of BMI Calculator Application

Image obtained from <https://www.calculator.net/bmi-calculator.html>

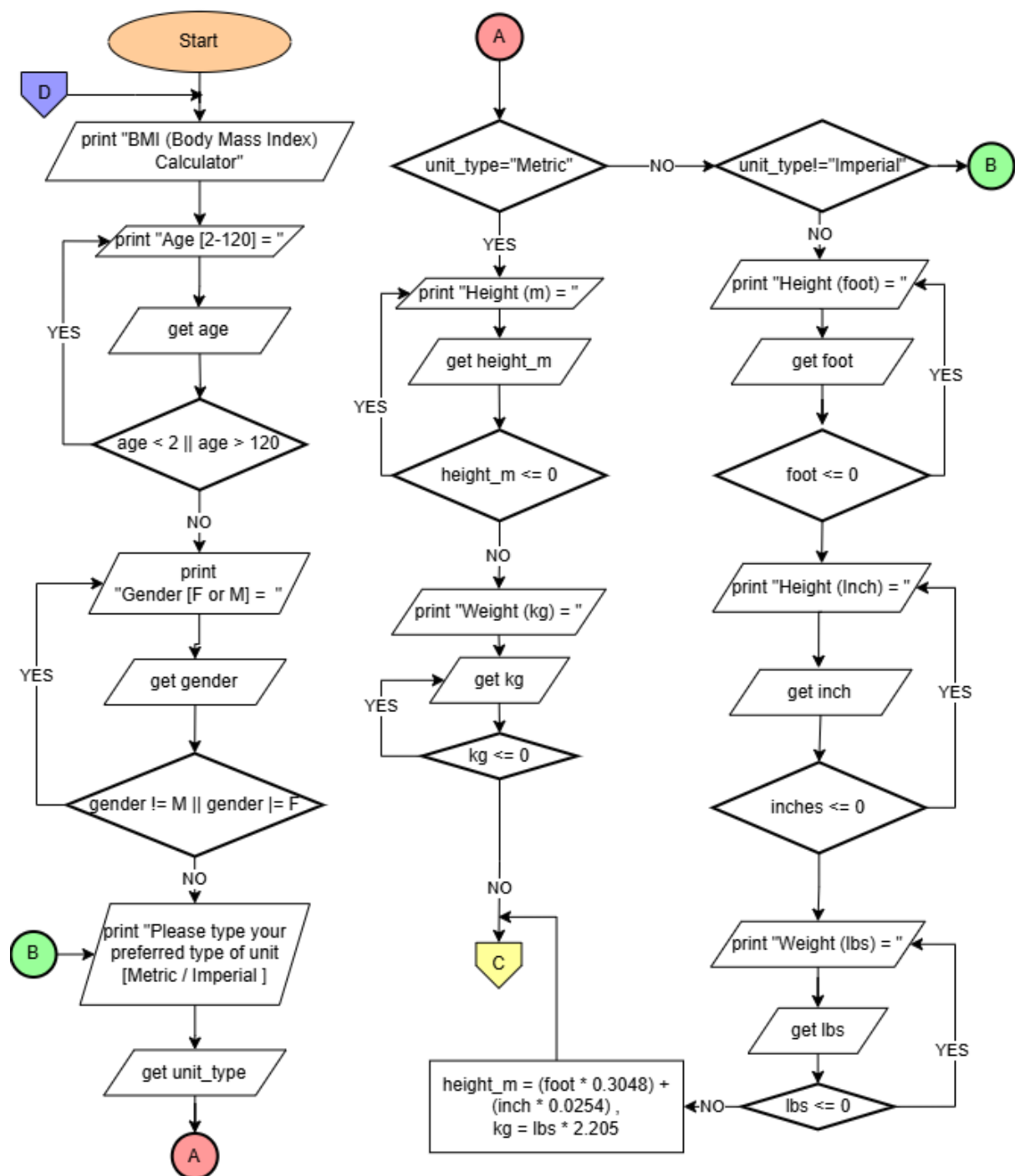


Figure 2a: Screenshot of BMI calculator flowchart

Image made using <https://www.drawio.com/>

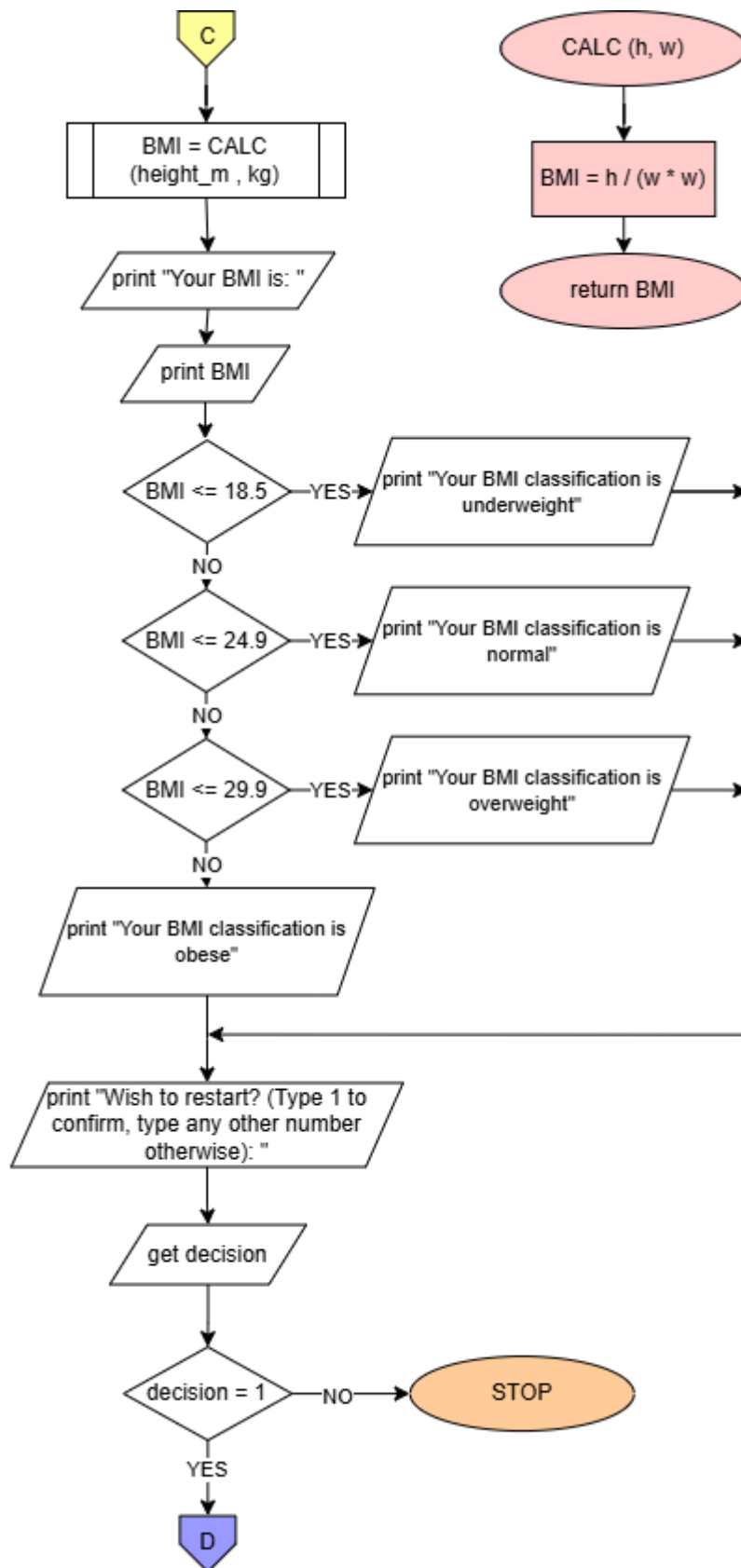


Figure 2b: Screenshot of BMI calculator flowchart

Image made using <https://www.drawio.com/>

```
BMI (Body Mass Index) Calculator
Age [2-120] = 1
Age [2-120] = 122
Age [2-120] = 19
Gender [F or M] = k
Gender [F or M] = M
Please type your preferred type of unit [Metric / Imperial ]:
Metric
Height (m) = 0
Height (m) = 1.72
Weight (kg) = 0
Weight (kg) = 63
Your BMI is: 21.3
Your BMI classification is normal
Wish to restart? (Type 1 to confirm, type any other number
otherwise): 1
BMI (Body Mass Index) Calculator
Age [2-120] = 21
Gender [F or M] = F
Please type your preferred type of unit [Metric / Imperial ]:
Imperial
Height (foot) = 5
Height (inch) = 11
Weight (lbs) = 130
Your BMI is: 18.1
Your BMI classification is underweight
Wish to restart? (Type 1 to confirm, type any other number
otherwise): 0
```

Figure 3: Screenshot of inputs and outputs

REFERENCES

- [1] Calculator.net.(2008-2004).BMI introduction. Retrieved from <https://www.calculator.net/bmi-calculator.html>