CP212

Manual

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**Usage**

To begin using this program you must first click the command button that is on the excel sheet. Doing so will generate a body mass index chart (bmi). As well the program will create a user form that prompts the user to enter data into. The user form asks the user to enter their last name (surname), first name, height, and weight. After doing so the user should press calculate so that the program may calculate their body mass index. The user form closes, and an information box appears with the user’s body mass index.

**Database and Document Creation**

Behind the scenes however the program outputs the user’s information into a Microsoft Access data base that organizes people based on their last name. Inside the data base is the user’s last name, first name, height, weight, and body mass index. As well a word document is created that the program fills with the user’s inputted data as well as their body mass index. These items are created so that the user may track their progress (using word document and data base), and organize different users within the program (using the data base)

**Final Notes**

This program is intended so that the user may accurately calculate and record their body mass index. This is done through updating the database as the user see’s fit (running the program). However, I personally feel that this program would be optimized in use should there be multiple different users. The database allows the ease of information storing which would be very beneficial should there be multiple users. As well the creation of the result document will prove invaluable should an individual want to save their results in a more physical way (printing the document).s