BMI TRACKER PROJECT PRESENTATION

Presented By Juliet Nwosu

INTRODUCTION

WHAT IS BMI?

BMI (Body Mass Index) is a measure of body fat based on height and weight.

PROJECT PURPOSE

To help users calculate their BMI, track results over 7 days, and understand their health category.

FEATURES

- Metric & Imperial unit support

- Animated & responsive interface

- Daily BMI result history (7-day limit)

- Category classification (Underweight, Normal, Overweight, Obese)

- Clear history button

- LocalStorage data persistence

PROBLEMS

PAIN POINTS IDENTIFIED:

- **Manual BMI Calculation:**

  Most users don't know how to calculate BMI or understand the formula.

- **Lack of Progress Tracking:**

  Users can't see changes in their BMI over time with traditional calculators.

- **Poor Mobile Experience:**

  Many BMI tools aren't mobile-friendly or responsive.

- **No Context or Guidance:**

  Calculators often show just a number without explaining what it means.

SOLUTION

- Instant Calculation with Unit Support (Metric/Imperial)

- 7-Day History Tracking with automatic updates

- Responsive & Accessible Design for all screen sizes

- Clear Feedback with health category classifications and friendly UI

TECHNOLOGIES USED

- React (Vite)

- JavaScript

- Framer Motion

- LocalStorage

- Custom CSS

BMI CALCULATION

Formula:

BMI = weight(kg) / height(m)²

Imperial values are converted:

lbs → kg and ft/in → meters

BMI CATEGORIES

- **Underweight**: < 18.5

- **Normal weight:** 18.5 – 24.9

- **Overweight**: 25 – 29.9

- **Obese**: ≥ 30

UI & USER EXPERIENCE

- Clean, minimal interface

- Responsive layout

- Accessible components

- Animated transitions with Framer Motion

- Mobile-friendly design

HOW DATA IS STORED

- BMI results stored in LocalStorage

- History limited to 7 most recent entries

- Automatically updated after each calculation

- Preserved across browser sessions
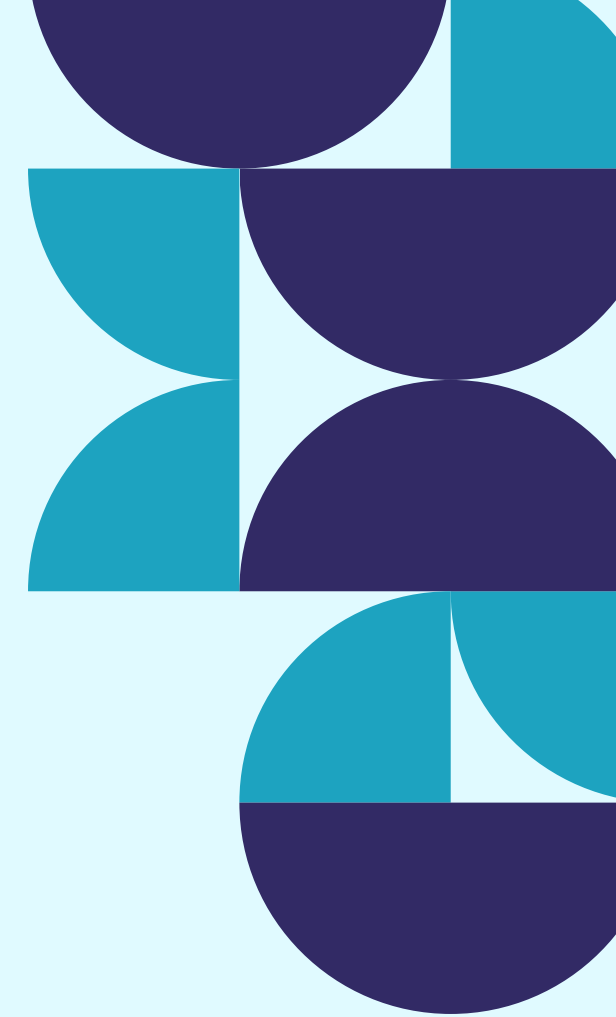
CONCLUSION
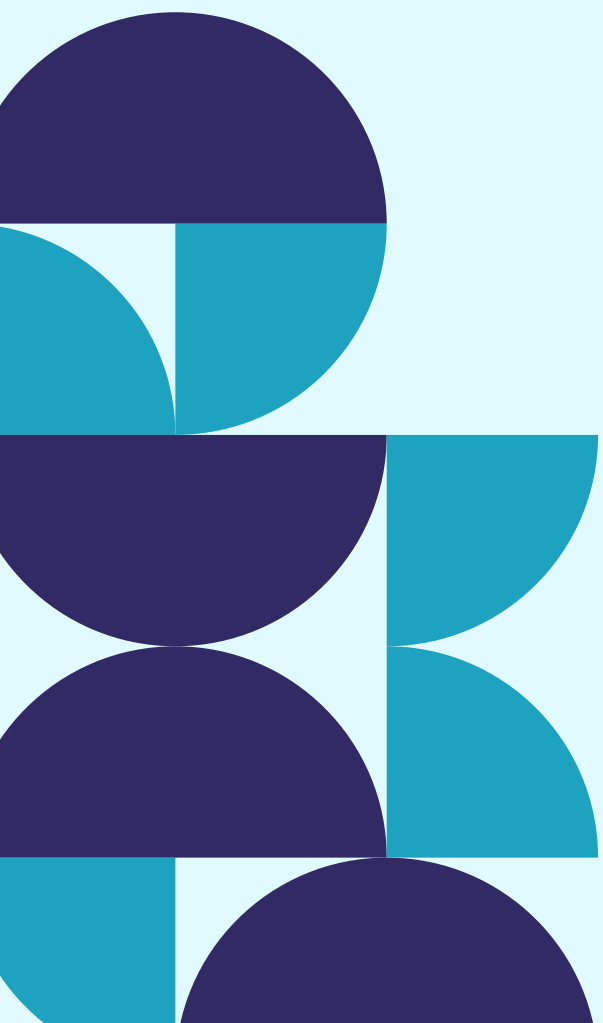
Successfully built a BMI tracker

Learned state management, persistence, animations, and responsiveness

Thank You!

GitHub: github.com/julie-alt

Email :julietnwosu2000@gmail.com

QNA SESSION

THANK YOU