

Imperial interface

| | |
|---|---------------------------|
| What Gender are you? | |
| Male | Female |
| Input | |
| Height | Weight |
| ft in | lbs |
| Weekly hrs. of exercise | Use Metric instead |
| hrs. | |
| You should eat (calories) calories per day | |

Metric interface

| | |
|---|-----------------------------|
| What Gender are you? | |
| Male | Female |
| Input | |
| Height | Weight |
| cm. | KG |
| Weekly hrs. of exercise | Use Imperial instead |
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| You should eat (calories) calories per day | |