

# Welcome to our project BMI Calculator



## Team Members

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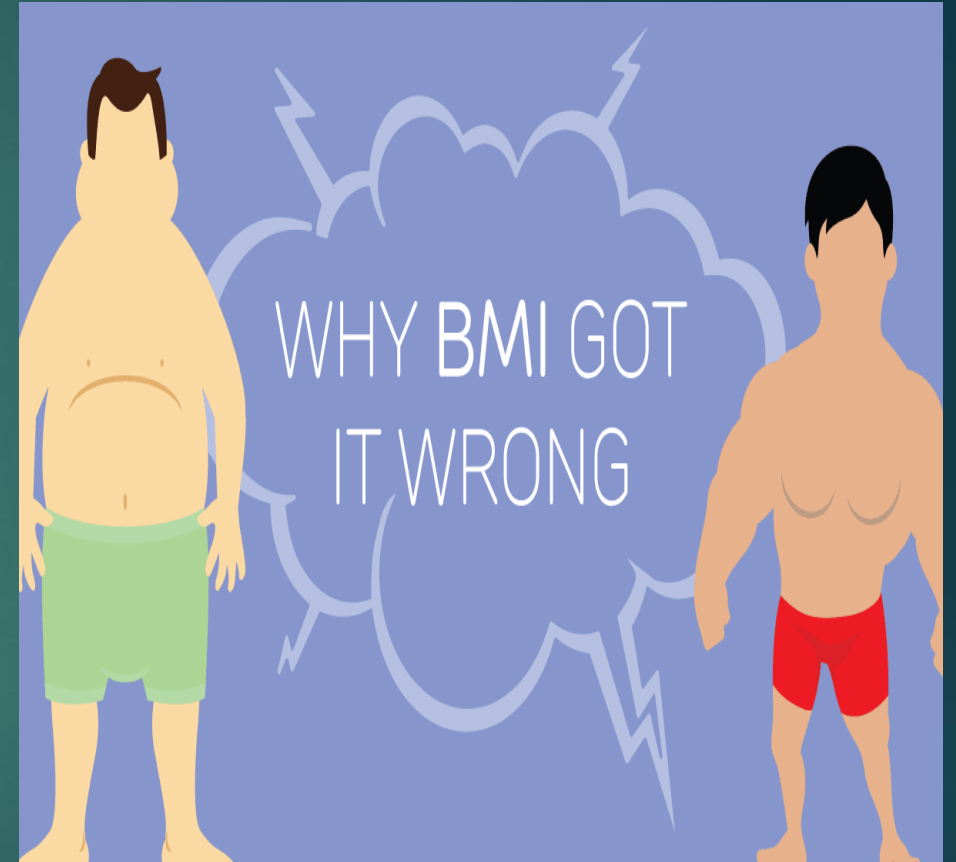
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# Outline of our Project

- ❑ Introduction
- ❑ Objective of the Project
- ❑ Requirement of the project
- ❑ How to calculate BMI
- ❑ Output of the Project
- ❑ Limitations of BMI
- ❑ Conclusion



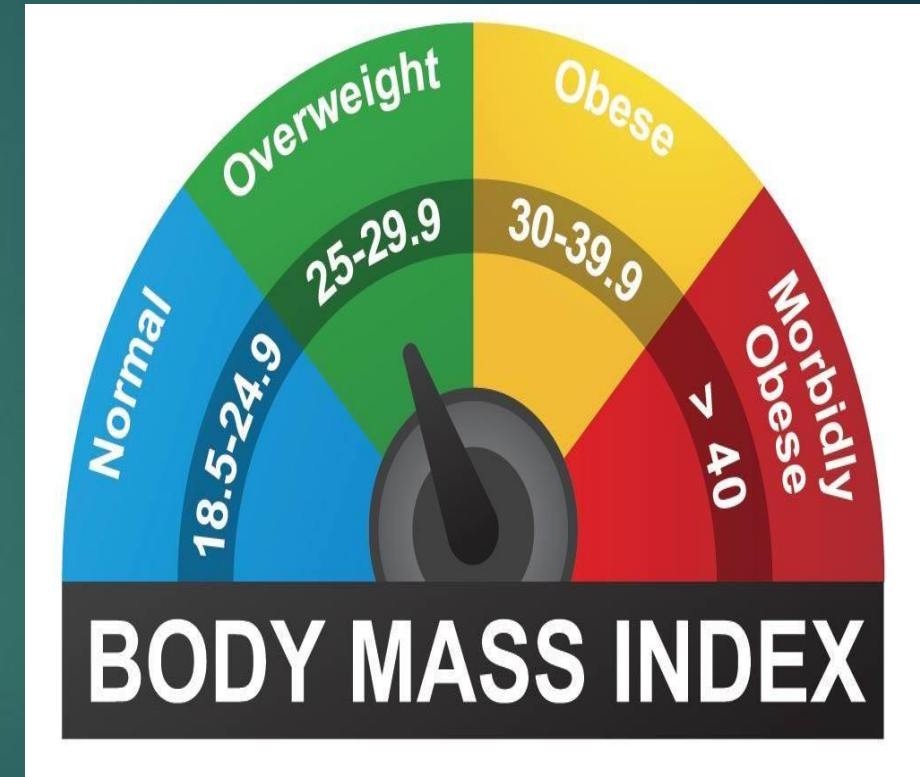
# Introduction

- ❑ Body mass index is a value derived from the mass and height of a person. The BMI is defined as the body mass divided by the square of the body height, and is expressed in units of  $\text{kg}/\text{m}^2$ , resulting from mass in kilograms and height in meters.
- ❑ By calculating BMI, we can categorize that a person as underweight, normal weight, overweight, or obese based on that value.



# Objective

- ❑ The application must allow users to calculate their BMI
- ❑ Users will be able to determine what their risk levels are for diseases such as diabetes, hypertension and cardio vascular.
- ❑ Based on BMI results, the application will suggest dietary intake information to obtain ideal BMI



# Example of this....

Weight	60kg
Height(feet)	5'
Height(inches)	4"
Convert feet to inches	$5 * 12 + 4 = 64 \text{ inches}$
Convert inches to meters	$64 * 0.0254 = 1.63$
Calculate BMI	$60 / (1.63 * 1.63) = 22.58$

# Requirement of the Project

NetBeans

Java  
Language

Java  
swing

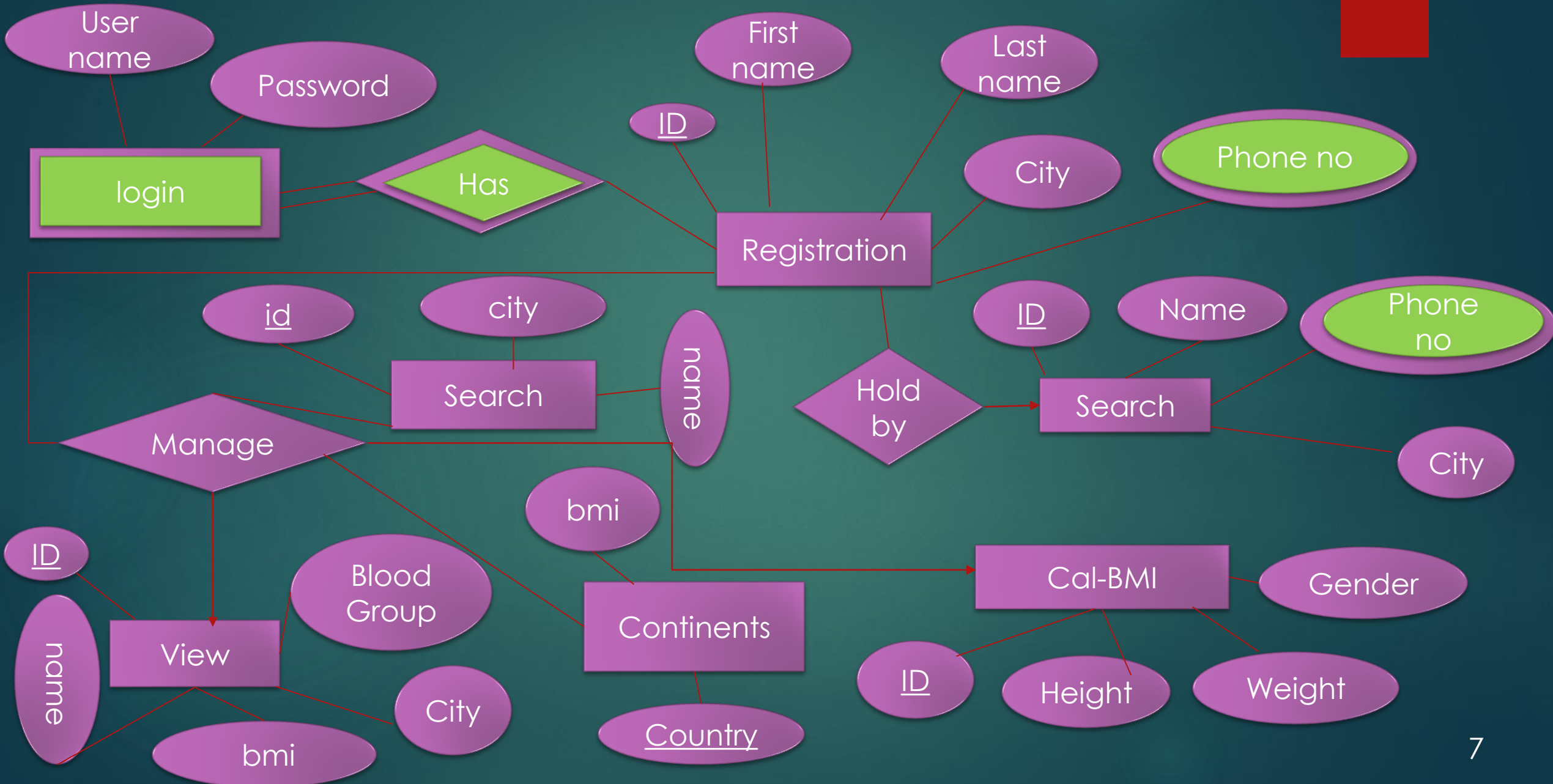
Server XAMPP

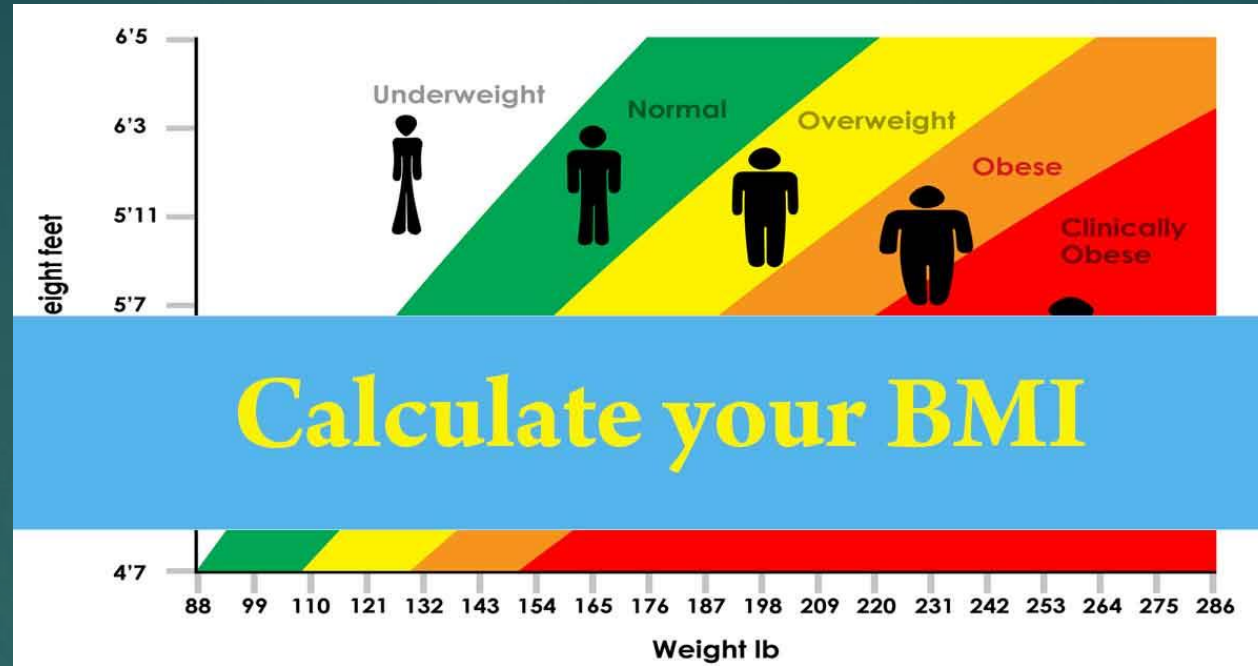
Database  
Connector

MYSQL



# ER Diagram For BMI Calculator

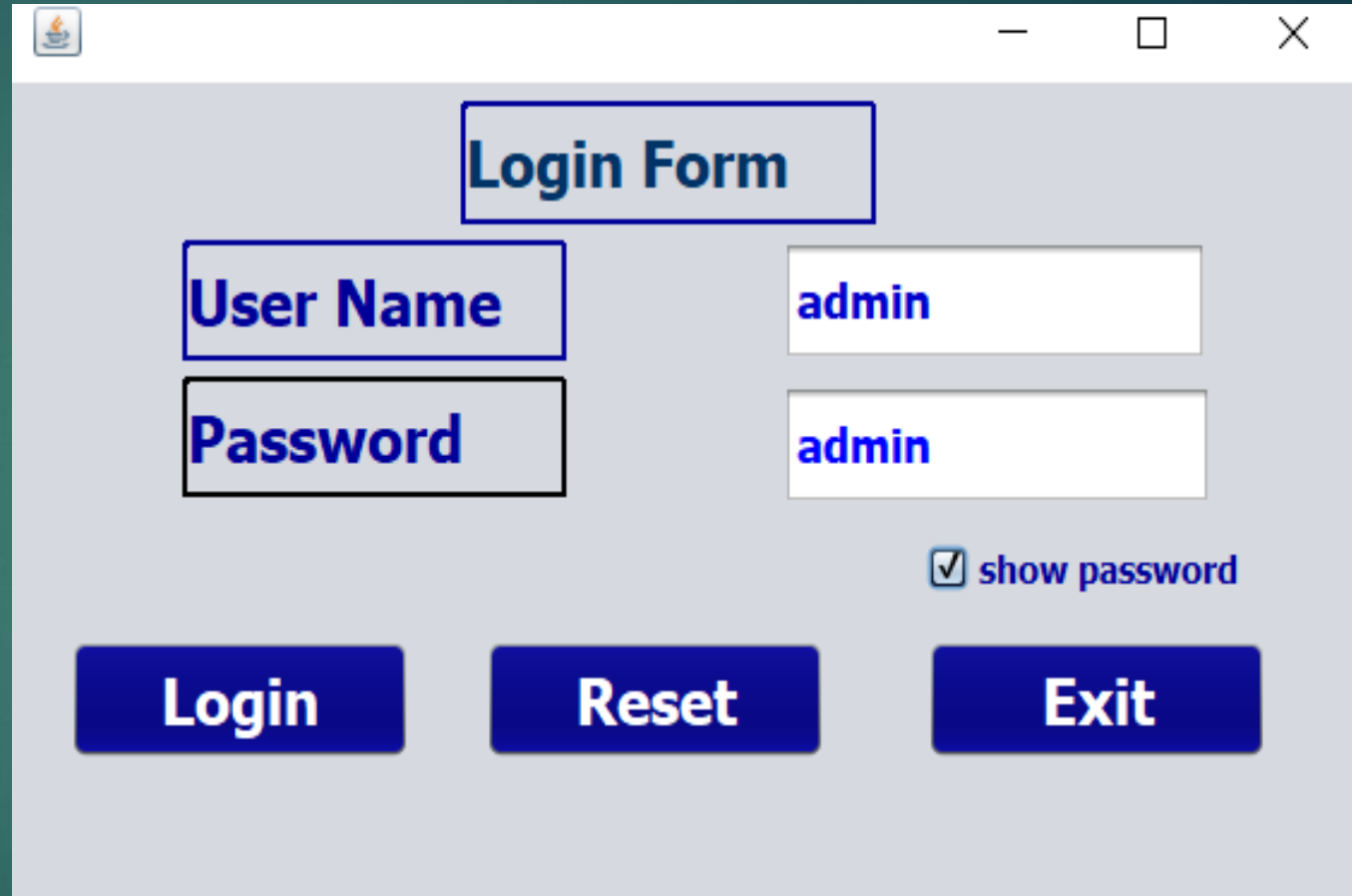




Now we discuss about output of the project



This is the Login  
Page of BMI



A screenshot of a Java Swing window titled "Login Form". The window has a standard title bar with a minimize button, a maximize button, and a close button. The main content area is light gray. At the top center, there is a label "Login Form" in bold blue text. Below this, there are two labels: "User Name" and "Password", both in bold blue text. To the right of "User Name" is a text input field containing the text "admin". To the right of "Password" is a text input field containing the text "admin". Below the "Password" label and input field, there is a checkbox with a checkmark and the text "show password". At the bottom of the window, there are three buttons: "Login", "Reset", and "Exit", all in bold white text on a dark blue background.

**Login Form**

**User Name** admin

**Password** admin

☒ show password

**Login** **Reset** **Exit**

# This is the Registration Page

## Registration Form

First Name	hasi
Last Name	mam
City	dhaka
Blood Group	B+
Phone	01783214578

Save

Update

Delete

Search

Main Table

ID	First Name	Last Name	City	Blood Group	Phone
18	masum	rana	panchagarh	o+	1783213419
26	abul	abcf	a	o+	12
29	aa	hhhhh	dhaka	o	6473
31	aaa	bbbbbb	cc	o+	3256
32	akgh	lhg	lgfgl	A+	8314635
33	masum	rana	dhaka	o+	1734
34	siam	uddin	dhaka	o+	1783213419
36	siam	ahmed	dhaka	A+	18
37	siam	ahmed	dhaka	A+	178
38	siam	ahmed	dhaka	A+	17
39	siam	ahmed	dhaka	A+	45987
40	a	b	c	o-	123
41	asuk	legend	dhaka	o+	0178321
42	a	a	a	B+	017832134

# Search Page

ID

33

Find

First Name

masum

Last Name

rana

City

dhaka

Blood group

o+

Phone

1734

Clear

Back

tion Form

ID	First Name	Last Name	City	Blood Group	Phone
18	masum	rana	panchagarh	o+	1783213419
26	abul	abcf	a	o+	12
29	aa	hhhhh	dhaka	o	6473
31	aaa	bbbbbb	cc	o+	3256
32	akgh	lhg	lgfgl	A+	8314635
33	masum	rana	dhaka	o+	1734
34	siam	uddin	dhaka	o+	1783213419
36	siam	ahmed	dhaka	A+	18
37	siam	ahmed	dhaka	A+	178
38	siam	ahmed	dhaka	A+	17
39	siam	ahmed	dhaka	A+	45987
40	a	b	c	o-	123
41	asuk	legend	dhaka	o+	0178321
42	a	a	a	B+	017832134

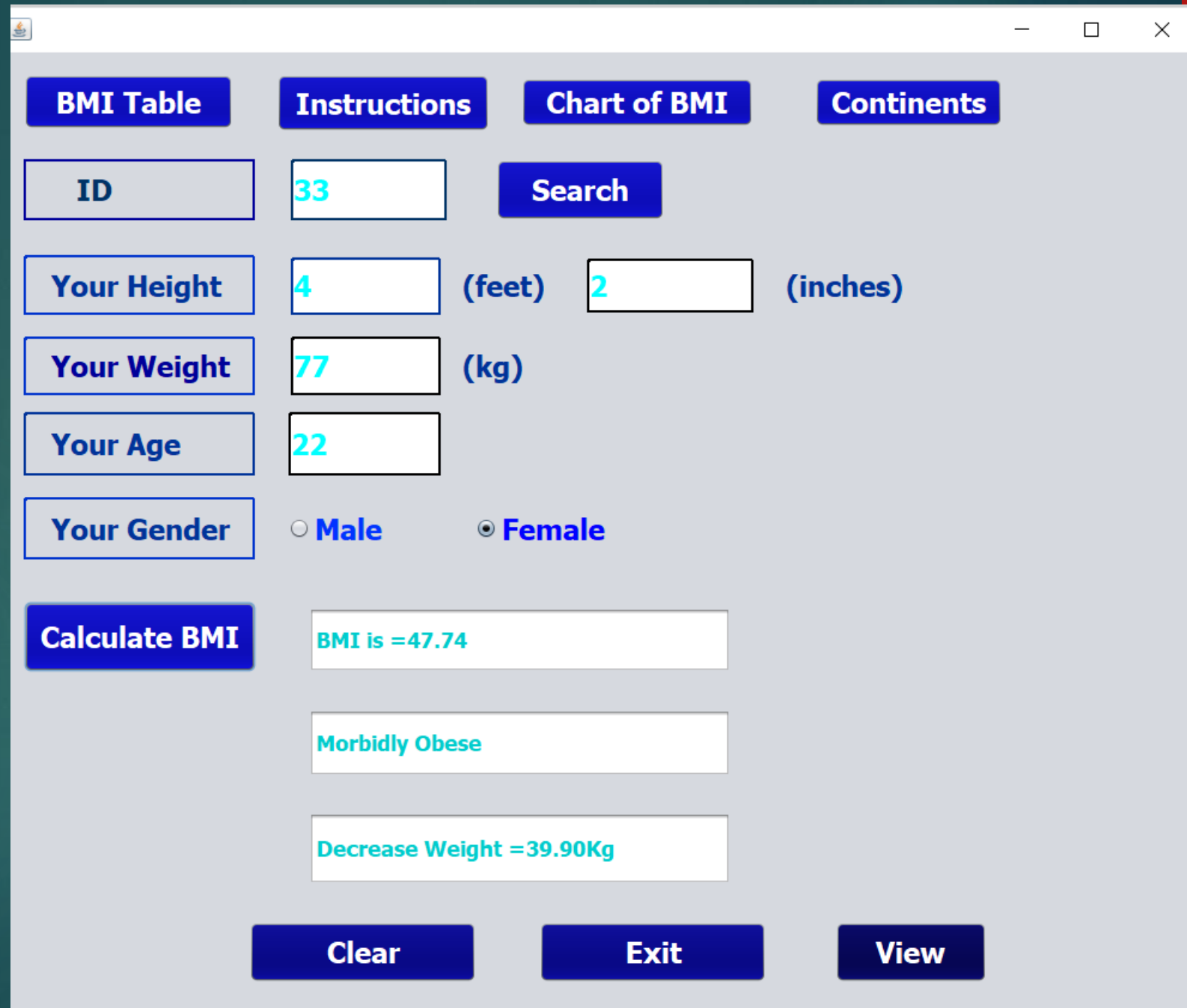
Update

Delete

Search

Main Table

# BMI Calculation Table



The image shows a software window titled "BMI Calculation Table". It features a sidebar with buttons for "BMI Table", "Instructions", "Chart of BMI", and "Continents". The main area contains input fields for "ID", "Your Height" (in feet and inches), "Your Weight" (in kg), and "Your Age". There are radio buttons for "Your Gender" (Male and Female). A "Calculate BMI" button is present. Below the input fields, three text boxes display the results: "BMI is =47.74", "Morbidly Obese", and "Decrease Weight =39.90Kg". At the bottom, there are "Clear", "Exit", and "View" buttons.

Field	Value
ID	33
Your Height (feet)	4
Your Height (inches)	2
Your Weight (kg)	77
Your Age	22
Your Gender	Female
BMI	47.74
Health Status	Morbidly Obese
Weight Change	Decrease Weight =39.90Kg

## Main Table

ID	First Name	Last Name	City	Blood Group	Phone	BMI	Gender
18	masum	rana	panchagarh	o+	1783213419	29.4983	Male
26	abul	abcf	a	o+	12		
29	aa	hhhhh	dhaka	o	6473		
31	aaa	bbbbbb	cc	o+	3256		
32	akgh	lhg	lgfgl	A+	8314635		
33	masum	rana	dhaka	o+	1734	47.7401	Female
34	siam	uddin	dhaka	o+	1783213419		
36	siam	ahmed	dhaka	A+	18		
37	siam	ahmed	dhaka	A+	178		
38	siam	ahmed	dhaka	A+	17		
39	siam	ahmed	dhaka	A+	45987		
40	a	b	c	o-	123		
41	asuk	legend	dhaka	o+	0178321		
42	a	a	a	B+	017832134		

View

Back



# BMI Range

BMI Range	
Weight Categories	BMI (kg/m <sup>2</sup> )
Underweight	< 18.5
Healthy Weight	18.5-24.9
Overweight	25-29.9
Obese	30-34.9
Severely Obese	35-39.9
Morbidly Obese	≥40
Back	

# Advantages

By using this project we can easily know about BMI , Blood Group and various instructions .

Less time consuming and easy to use.

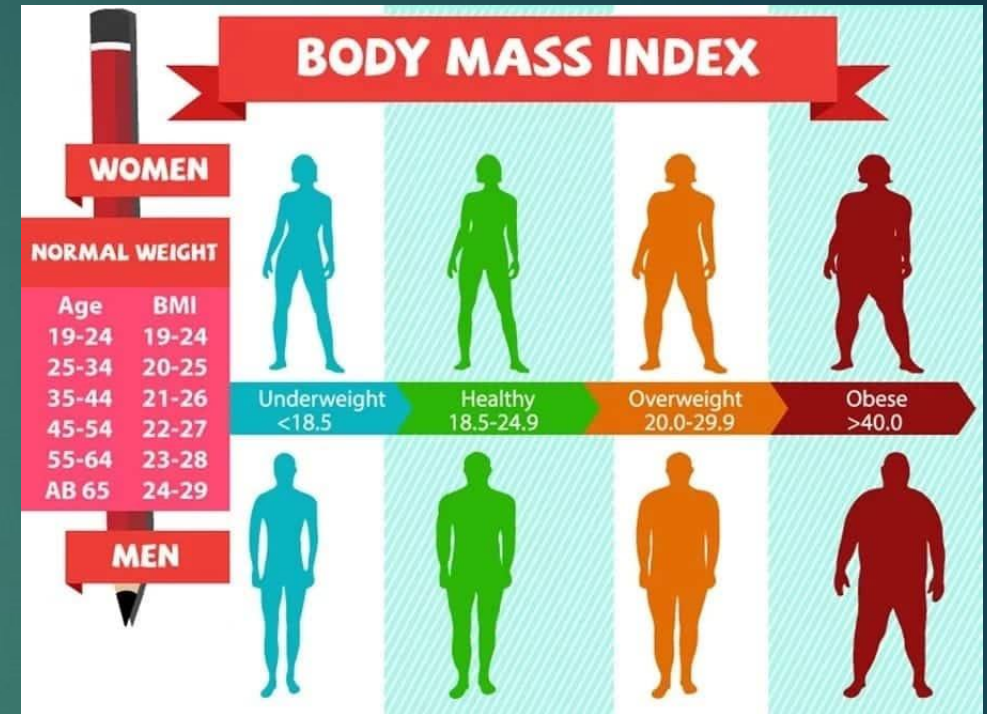
Avoid data inconsistency and redundancy.

More efficient and reliable.

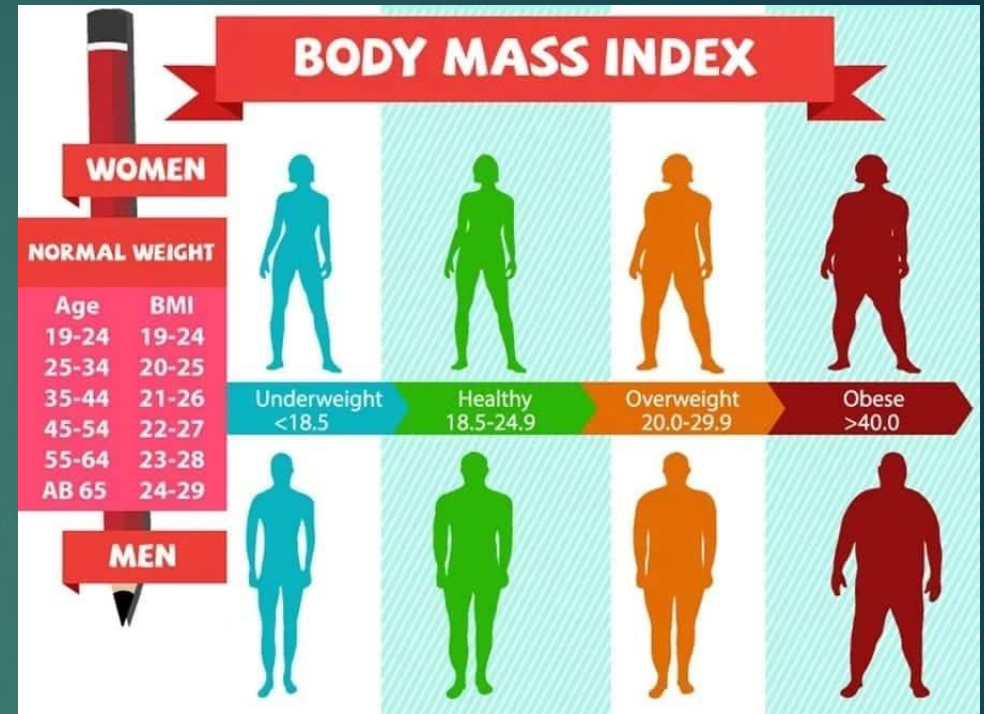
Fast calculate and accuracy level is high.

# Limitations of BMI

- Different country BMI is different.
- It can be different by Gender Like Male & Female.
- It can be different by Age.
- BMI does not differentiate between muscle and fat.
- Pregnant women will also have a higher BMI because of increased weight associated with pregnancy.



# Future Plan



# Future Plan

**We will try to enhance the system in future , by following some improvements.  
They are –**

- ✓Graphical Enhancement
- ✓Technical Enhancement
- ✓Provide android platform to the smartphone user.



# Conclusion

- Though the drawback of existing system are lack in improvement that in some cases it doesn't identify differentiate between fat distribution it has lot of benefits also.
- this BMI calculator will give a lot of benefits which consists quick relation between weight and height.
- This system is simple and it would make everyone works to become easier.
- This system also saves cost and time.
- Anyone can maintain their health and live in healthy life.

