# BMI Calculator

## Introduction

BMI Calculator is free app that allows you to monitor BMI and percentage of fat in your body. Ideal weight - app calculates the ideal weight you should gain.

## Functionality:

To calculate ideal weight it uses the D. R. Miller formula. Body fat percentage is estimated from BMI by formula derived by Deurenberg and co-workers. All measurements use information about your body: gender, age, height and weight. App is designed for people of different ages and supports for both metric and imperial. Track your BMI and stay healthy!

## Features:

The App has following features:

1. Input as Age
2. Selection of gender
3. Selection of Height Unit
4. Selection of Weight Unit
5. Input of height in Centimetre.
6. Input of height in Feet and Inches.
7. Input of weight in Kilograms.
8. Input of weight in Pounds.
9. Input of weight in pounds and Stones.
10. Calculation of Body mass Index.
11. Calculation of Ideal Weight in Kilograms.
12. Calculation of Ideal Weight in Pounds.
13. Calculation of FAT percentage.
14. Display of message as advice on the calculated BMI value
15. Graphical Display of different levels of BMI to indicate the severity level of the BMI
16. Conversion from one unit to other and vice versa