USER MANUAL

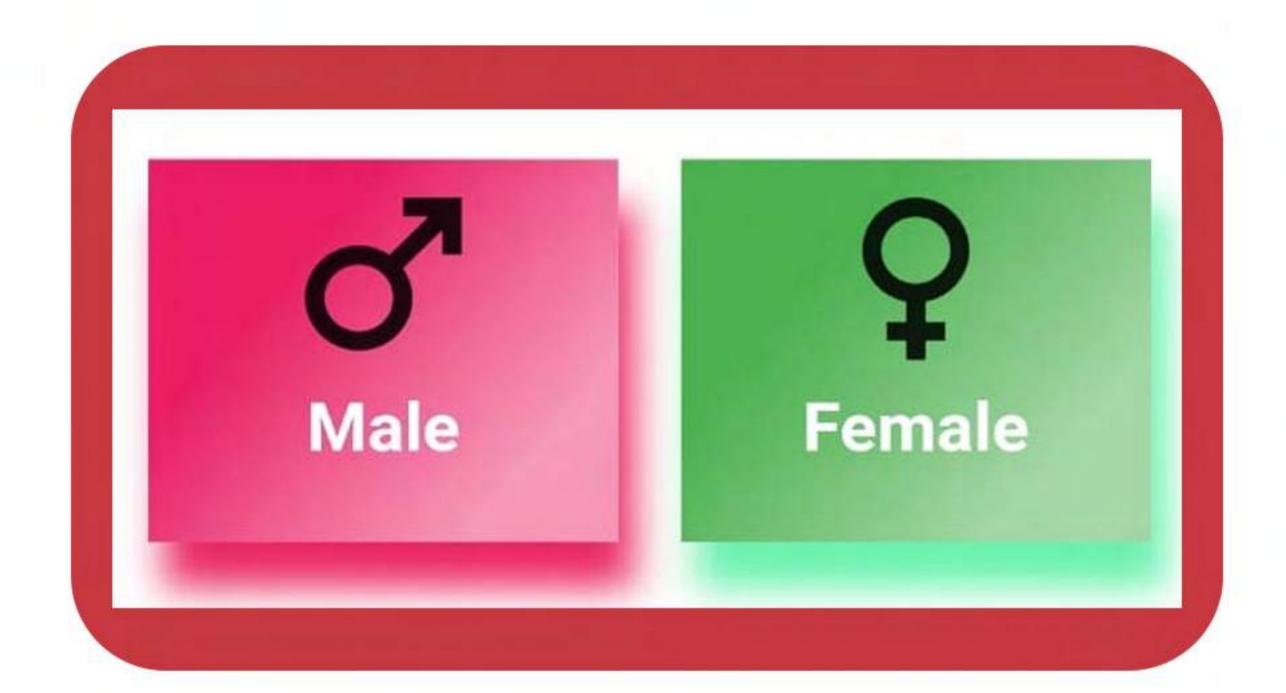
BMI CALS VER 1.0.0

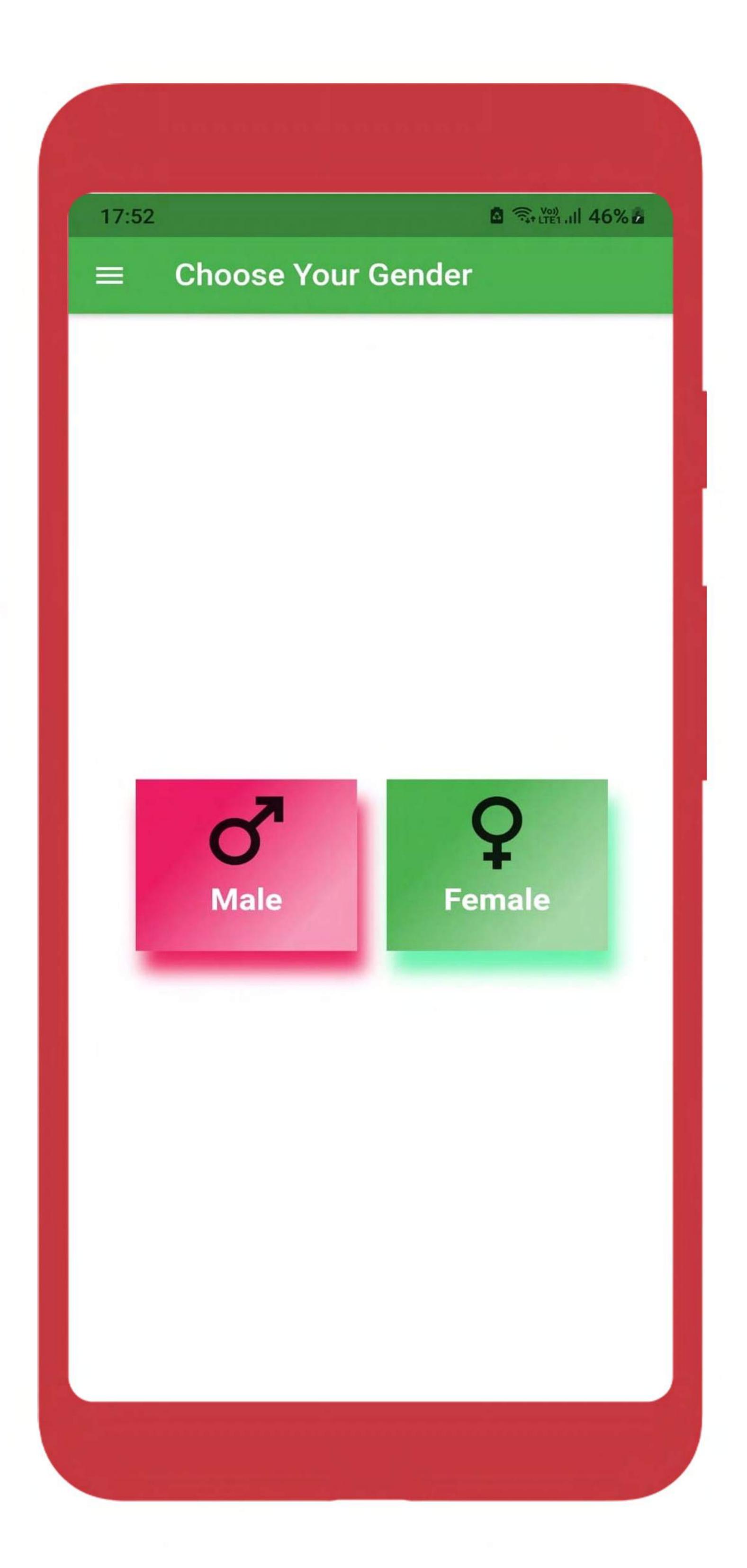
ABOUT

A SIMPLE APP BMI CALCULATOR WHICH CLASSIFIES YOUR WEIGHT ACCORDING TO THAT CATEGORY YOU CAN SEE THE DIET PLAN WHICH IS PROVIDED IN THIS APP

STEP1:

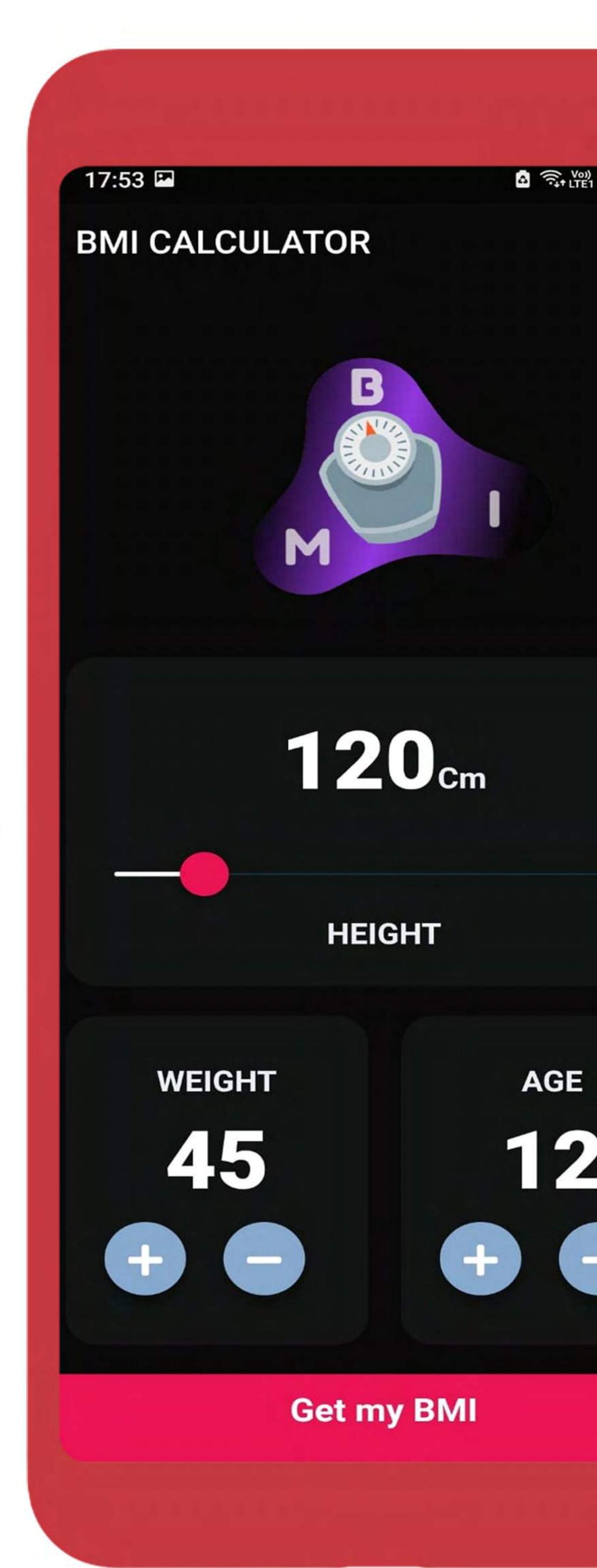
CLICK THE NAVIGATION BAR AND SELECT YOUR GENDER





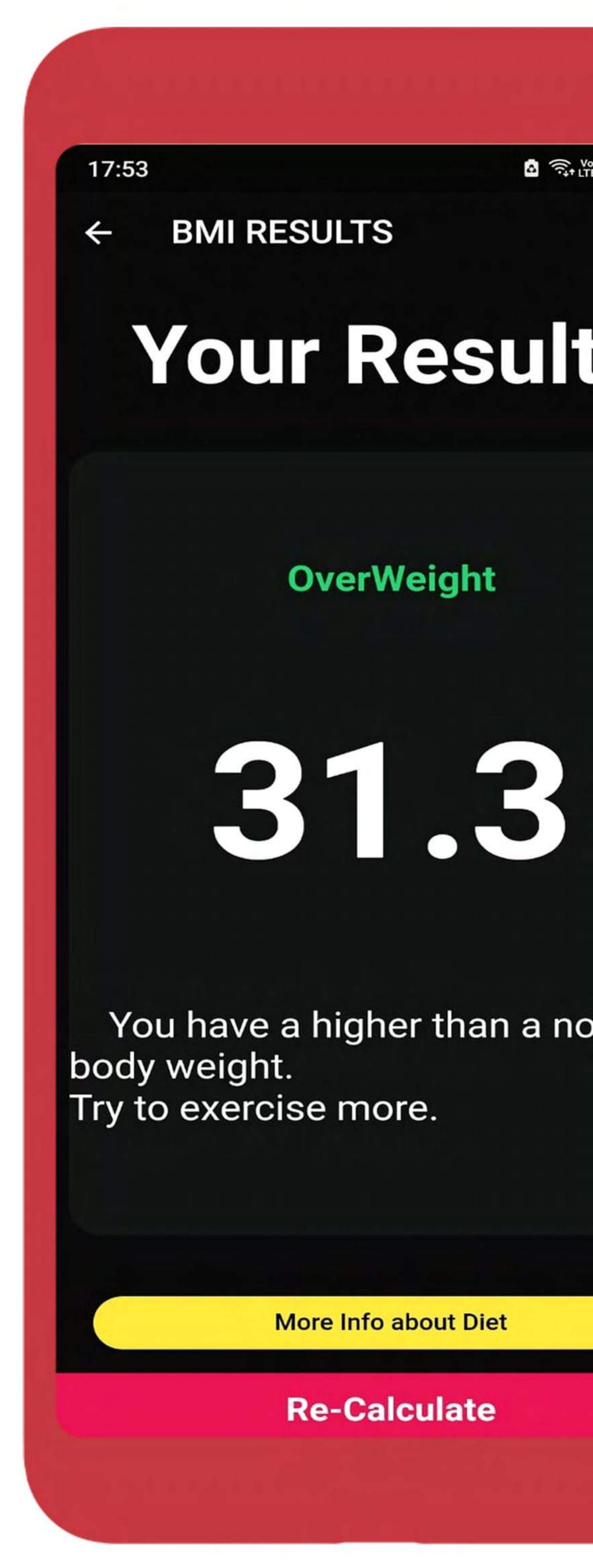
STEP2:

THEN YOU WILL BE DIRECTED TO BMI CALCULATOR
IN WHICH YOU NEED TO ADD YOUR HEIGHT, WEIGHT, AND
AGE.. AND THEN CLICK THE BUTTON WHICH IS PROVIDED
IN THE BOTTOM TO GET YOUR BMI RESULTS...



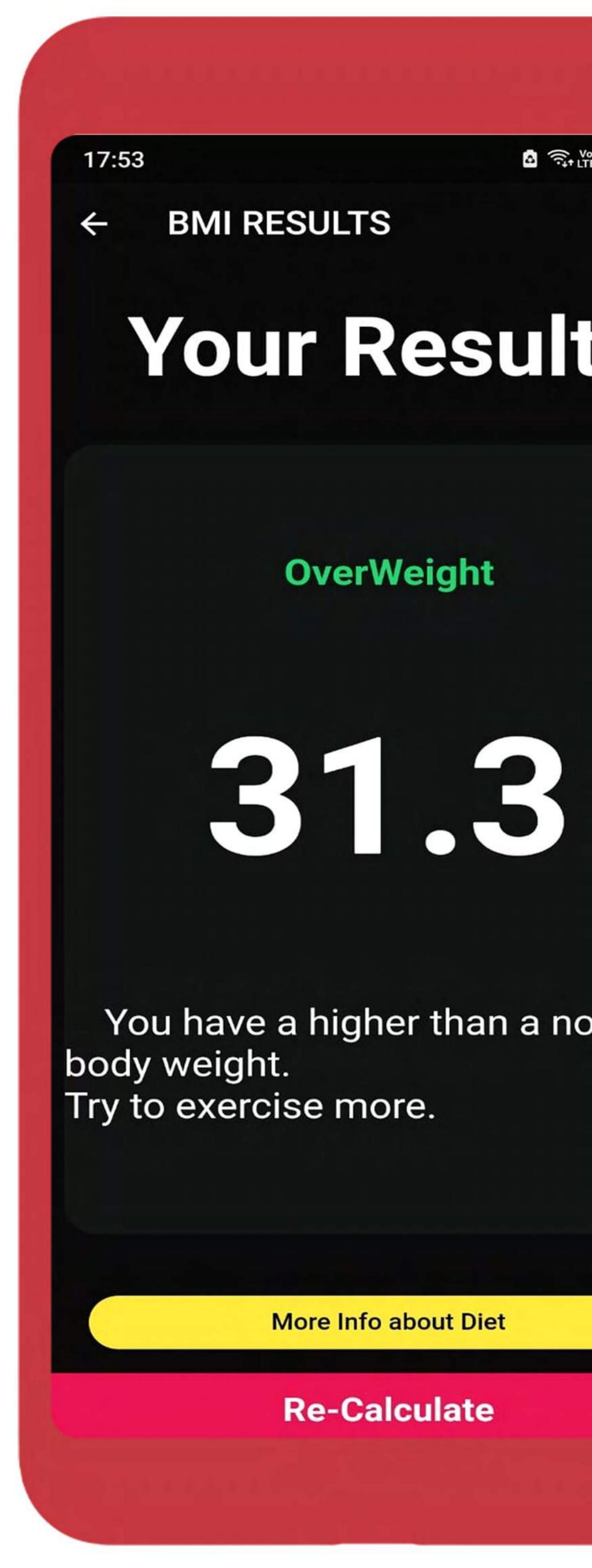
STEP 3:

IF YOU NEED TO RECALCULATE YOUR BMI THEN CLICK THE OPTION (RECALCULATE) IN THE BMI RESULTS PAGE OR ELSE GET YOUR DIET BY CHOOSING THE MORE INFO DIET OPTION



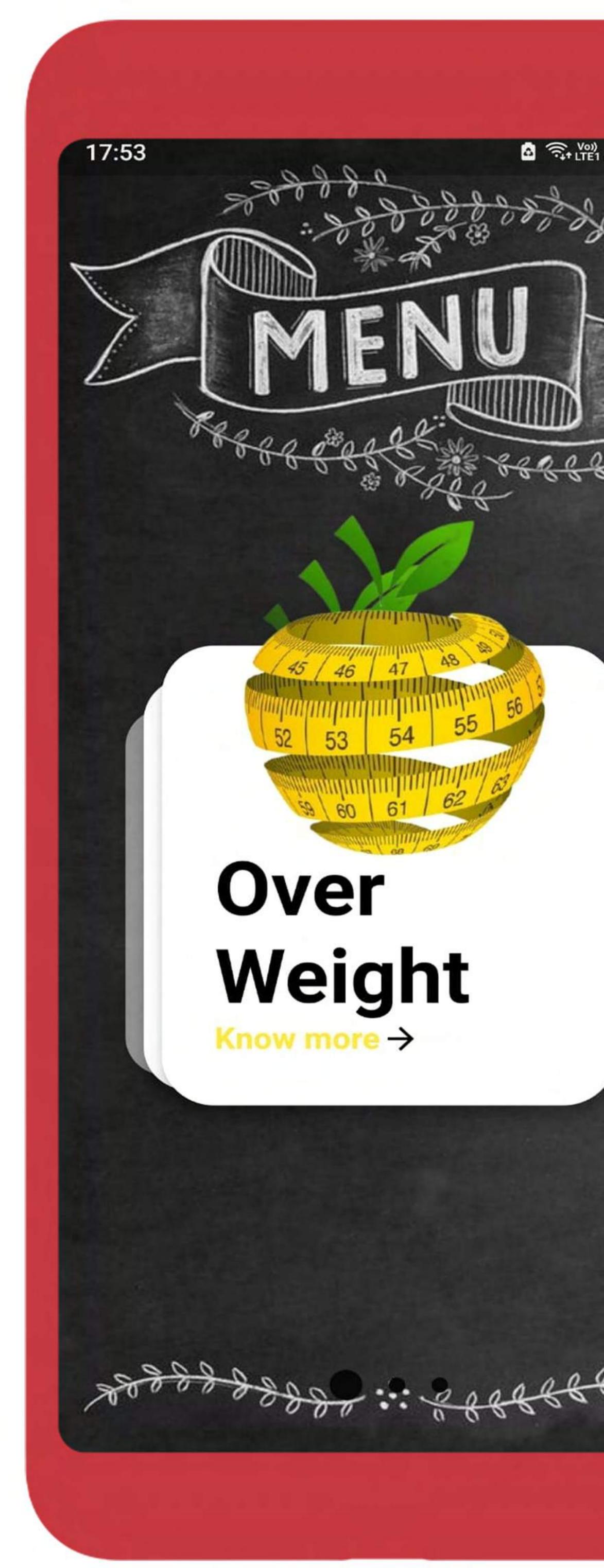
STEP 4:

THEN CHOOSE YOUR CATEGORY OF WEIGHT ACCORDING TO YOUR RESULTS..



STEP 5:

INTRODUCTION AND FOOD SUGGESTIONS ARE PROVIDED ACCORDING TO YOUR CATEGORY. THEN CHOOSE THE OPTION CLICK HERE AND YOU WILL BE DIRECTED TO THE DIET RULES PAGE.



STEP 6:

MOVING ON TO THE DIET RULES PAGE ACCORDING TO YOUR CATEGORY SOME INFORMATION WILL BE PROVIDED AND CLICK ON TO THE BUTTON 'YOUR RECIPES'

17:54





⁵Weight

Introduction

Obesity is a medical condition i which excess body fat has accumulated to an extent that i may have a negative effect on health.People are generally considered obese when their be mass index (BMI), a measurem obtained by dividing a person's weight by the square of the person's height.

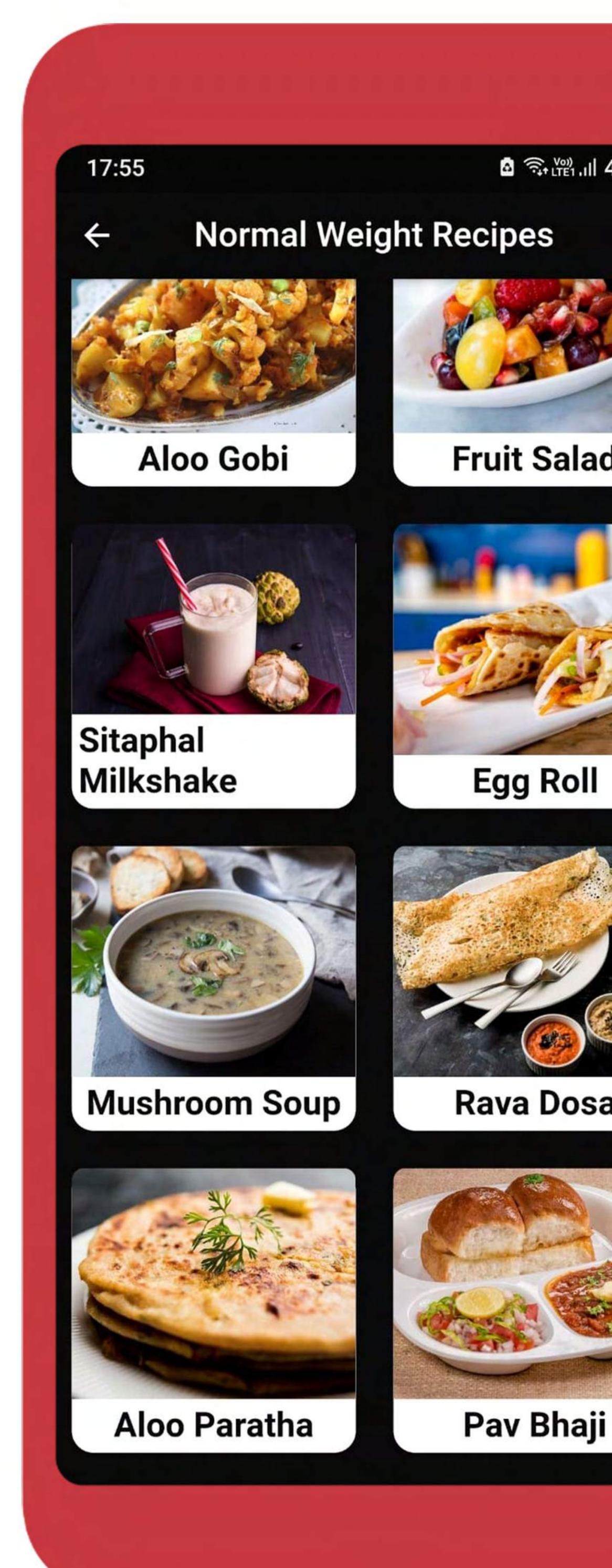
Click Here

Food Suggestions



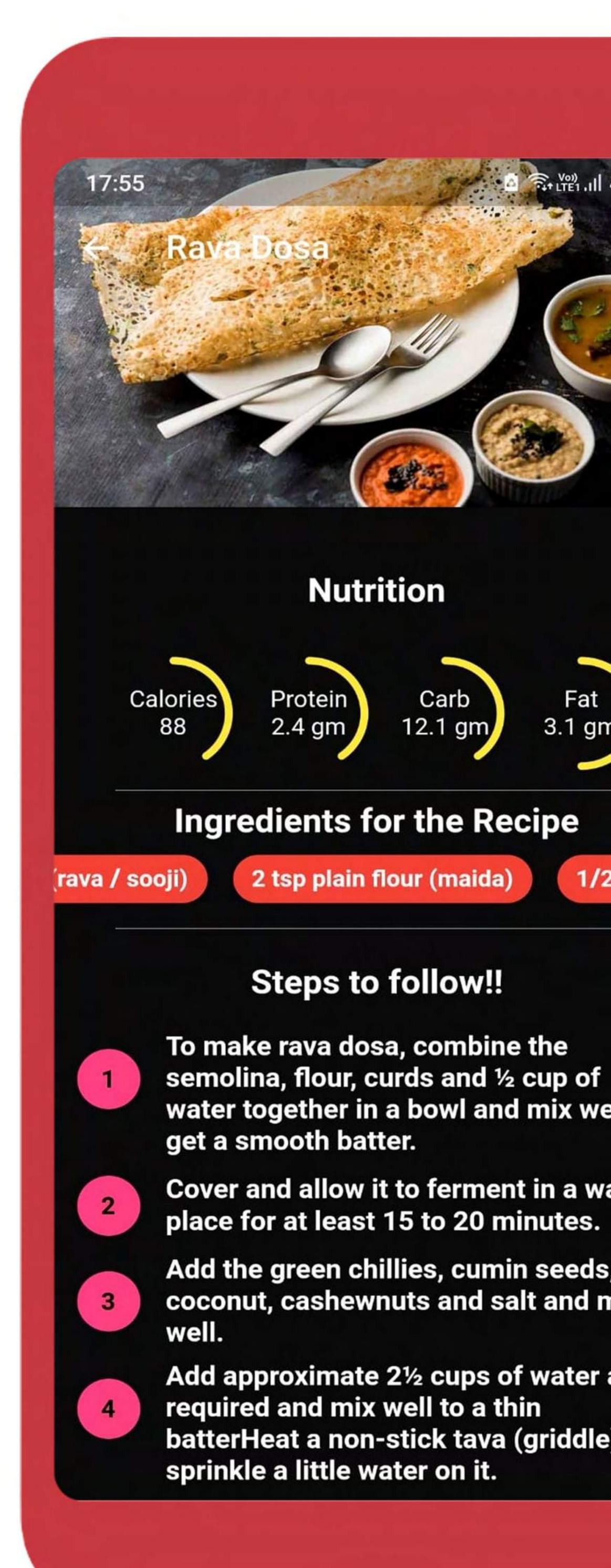
STEP 7:

THEN YOU WILL GET TASTY AND HEALTHY RECIPES ACCORDING TO YOUR DIET, WHICH YOU NEED TO FOLLOW.



STEP8:

TAP ON TO THE CARD SO THAT YOU WILL GET TO KNOW THE NUTRITIONAL FACTS AND PROCEDURE OF THE EACH RECIPE.



FOLLOW THE GIVEN DIET RULES STAY HEALTHY!! STAY HAPPY BUDDIES!!

