

Exno: 2b)	BMI Calculator using Javascript
Date:	

Aim:

To develop a BMI calculator using html tags, forms and css which contains images, and also linksto a different page.

Procedure:**Design the Layout:**

- Add input fields for weight and height, a button to calculate BMI, and a display area for the result.

Style the Interface:

- Create a visually appealing design with a BMI meter indicating categories.

Implement Functionality:

- Use JavaScript to:
 - Capture inputs, calculate BMI, and determine the category.
 - Display the BMI value and category dynamically.

Test the Application:

- Validate inputs and check accuracy for various cases.

Enhance Features:

- Add animations, mobile responsiveness, and optional health tips.

Code:**Index.html**

```
<!DOCTYPE html>
<html lang="en">
<head>
<title>BMI Converter</title>
<style>
body {
font-family: Arial, sans-serif;
text-align: center;
margin-top: 50px;
}
input, button {
padding: 10px;
margin: 10px;
font-size: 16px;
}
#result {
margin-top: 20px;
font-size: 20px;
color: blue;
}
```

```

    }
    img{
        margin-left: 20%;
        margin-right: 20%;
    }
    pre{
        color: black;
    }
</style>
</head>
<body>
    <h1>BMI Converter</h1>
    <input type="number" id="weight" placeholder="Enter Weight" />
    <input type="number" id="height" placeholder="Enter height" />
    <button onclick="calculateBMI()">calculate your BMI value</button>
    
    <div id="result"></div>

    <script>
        function calculateBMI() {
            const weight = document.getElementById("weight").value;
            const height = document.getElementById("height").value/100;
            if (weight === "" && height === "") {
                document.getElementById("result").innerHTML = "Please enter a weight and height value.";
                return;
            }
            let BMI = weight/(height*height);
            BMI = BMI.toFixed(2);
            if(BMI < 18.5){
                document.getElementById("result").innerHTML = `Your BMI value is ${BMI} -
underweight
                <pre><b>What to do:</b>
Focus on gaining healthy weight.
Increase calorie intake with nutrient-dense foods.
Incorporate strength training exercises to build muscle.
<b>Foods to eat:</b>
Healthy fats: Avocado, nuts, seeds.
Protein-rich foods: Eggs, lean meats, tofu, legumes.
Calorie-dense snacks: Peanut butter, dried fruits, smoothies.
Whole grains: Brown rice, quinoa, oats.
</pre>`;
            }
            else if(BMI>=18.5 && BMI<=24.9){
                document.getElementById("result").innerHTML = `Your BMI value is ${BMI} - Normal
                <pre><b>What to do:</b>
Maintain a balanced diet and regular physical activity.
Ensure adequate hydration and sleep.

```

Continue monitoring weight for stability.

Foods to eat:

Lean proteins: Chicken, fish, beans.

Fruits and vegetables: Include a variety of colors.

Healthy carbs: Sweet potatoes, whole-grain bread.

Healthy fats: Olive oil, nuts.

</pre>;

}

else if(BMI>=25.0 && BMI<=29.9){

document.getElementById("result").innerHTML = `Your BMI value is \${BMI} -

OverWeight

<pre>What to do:

Aim for gradual weight loss with a calorie deficit.

Increase physical activity (e.g., brisk walking, jogging).

Avoid sugary and processed foods.

Foods to eat:

High-fiber foods: Vegetables, whole grains, legumes.

Lean proteins: Turkey, eggs, fish.

Low-calorie snacks: Carrots, cucumbers, fruits like apples.

Green tea and water for hydration.</pre>;

}

else if(BMI>=30.0 && BMI<=39.9){

document.getElementById("result").innerHTML = `Your BMI value is \${BMI} - Obese

<pre>What to do:

Consult a healthcare professional for guidance.

Start with light exercises (e.g., walking, yoga).

Opt for portion-controlled, low-calorie meals.

Foods to eat:

Leafy greens: Spinach, kale.

Lean proteins: Grilled chicken, fish.

Low-fat dairy: Greek yogurt, skim milk.

Avoid fried foods and sugary beverages.

</pre>;

}

else{

document.getElementById("result").innerHTML = `Your BMI value is \${BMI} - Severely

Obese

<pre>What to do:

Seek medical advice for personalized plans.

Consider a supervised diet and exercise regimen.

Address potential health risks like diabetes and hypertension.

Foods to eat:

High-fiber, low-calorie foods: Broccoli, cauliflower, lentils.

Healthy fats in moderation: Nuts, seeds.

Limit high-calorie foods and fast food.

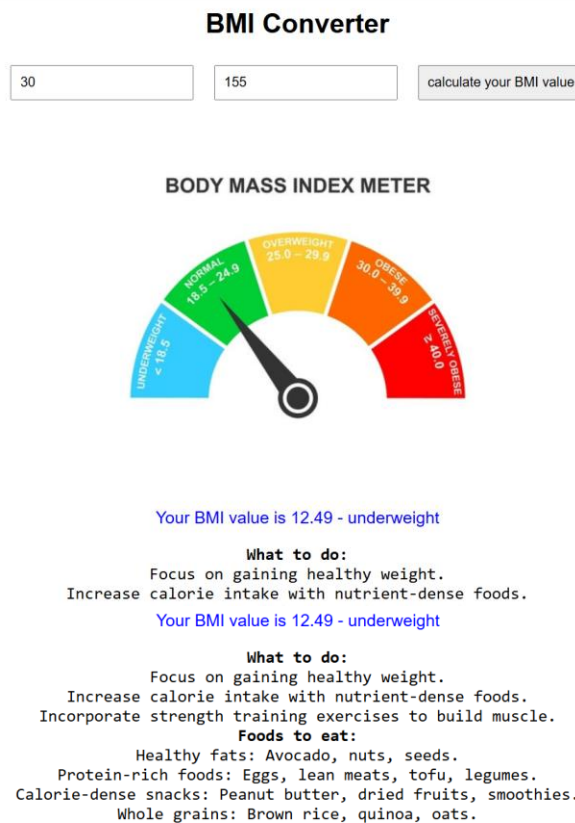
Increase water intake.

</pre>;

```

    }
  }
</script>
</body>
</html>

```

output:

Problem Understanding (5)	Implementation & Output (5)	Time Management (5)	Viva (5)	Total (20)

Result:

Thus the webpage for BMI calculator using html tags and css was created and the output was verified.