BMR should be a function of lean Removed ruler. Maybe BMI indicator should be body mass. This will make weight (Unnecessary and removed if we are not using it as an loss /gain have some dynamic took up space) indicator of health. feedback (realistic). \_ - X Eating & Exercise (0.00.45) File Developer Help 4000-3000 BMI: 21.2 kg/m^2 1967 Cal/day 1967 Cal/day 2000-**Proteins** Lifestyle Today Calories/Day Carbs 1079 -1000 Resting (BMR) Too Much **Edit Foods** Fats Edit Exercise English Weight (lbs) Metric Too Little Female ○ Male Reset Time (years) Age 22.0 years 22.9 6,000 5,000 ga Intake= 1967 Cal/day Burned = 1967 Cal/day Height 5' 4" feet/in 4,000 Weight 350 lbs 3,000 2.000 Reset Body Fat 60 % Time (years)muscular 22.9 Disclaimer Reset All Play Next Month 0.0 years Java Application Window Arrow appears when slider has reached limit and value goes higher (or lower). Applies to all sliders that Bar indicators of healthy amounts of

Exercise and % Fat. Red is unhealthy (too much or too little), green is healthy (somewhere in the middle). Heart health depends on an additive combination of these.

Might be better if these were near the happy heart, but that might be hard to do when the body gets very large.

can go beyond the set limits (above and below).

Body fat is coupled to weight and height. When set initially, independent withing certain weight limits for a given height. Above/below these limits, fat compensates for changes in weight. The sim changes these automatically once you start it.