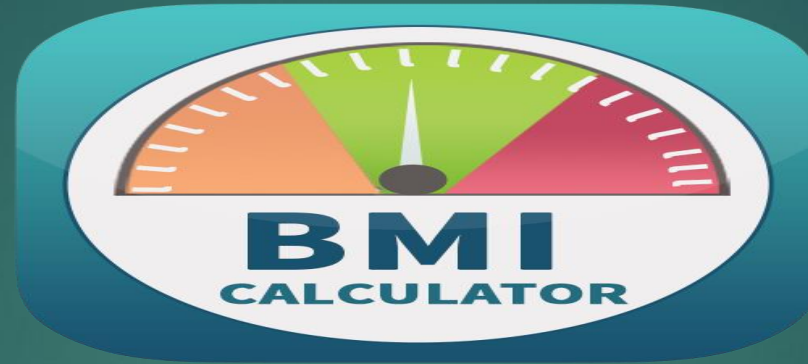


Welcome to our project BMI Calculator



Team Members

Md Masum Rana

➤ ID 1902005

Hasi Rani Roy

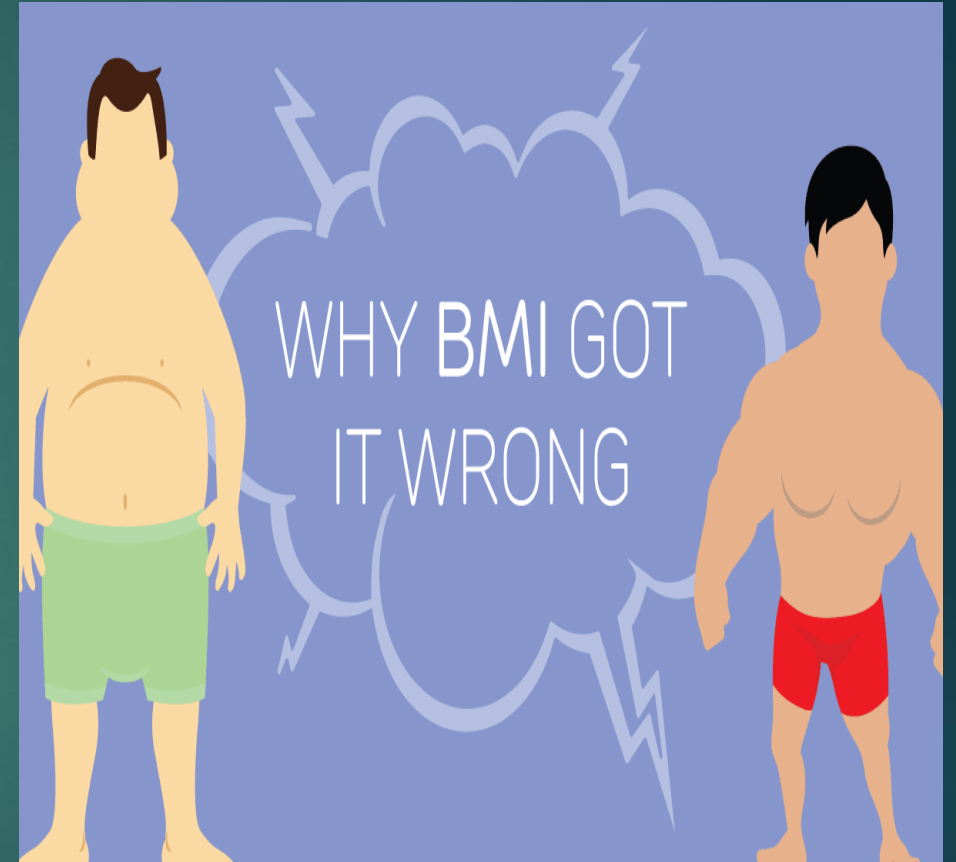
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Outline of our Project

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



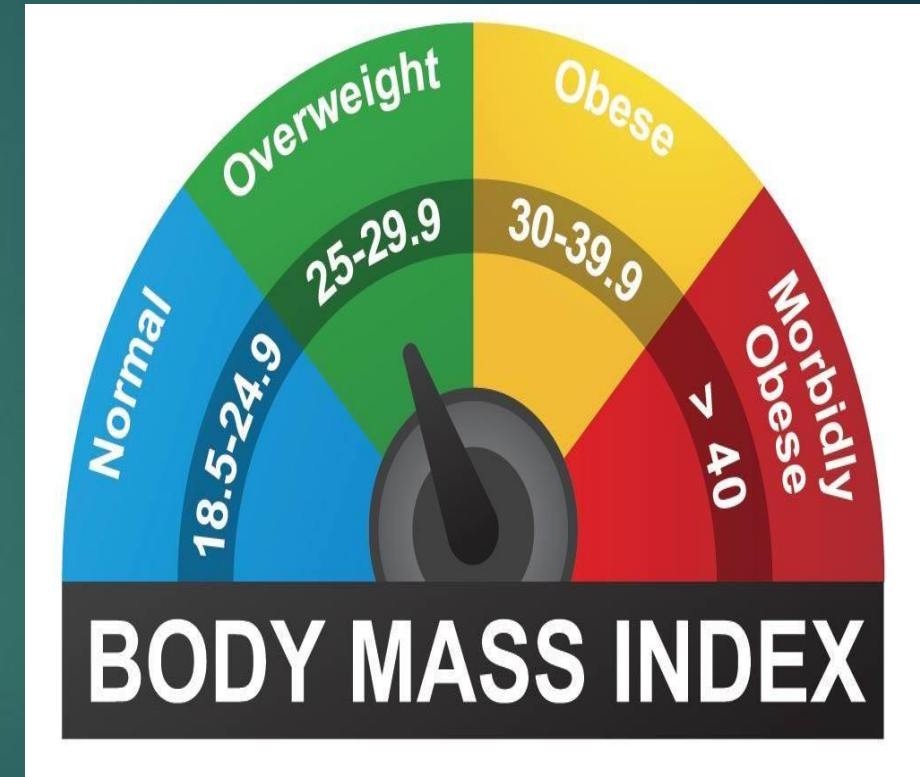
Introduction

- ❑ 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 kg/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



Requirement of the Project

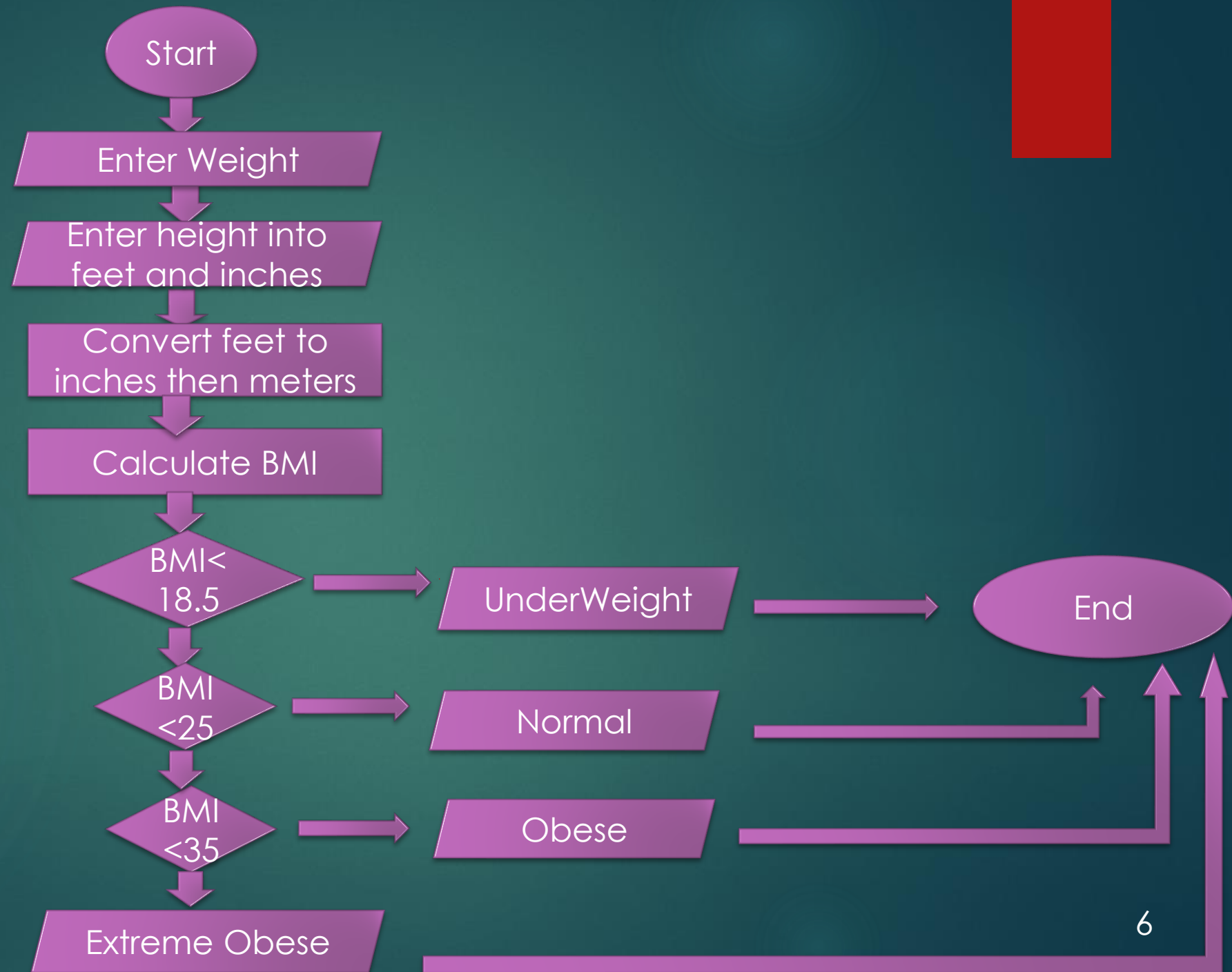


NetBeans

Java
Language

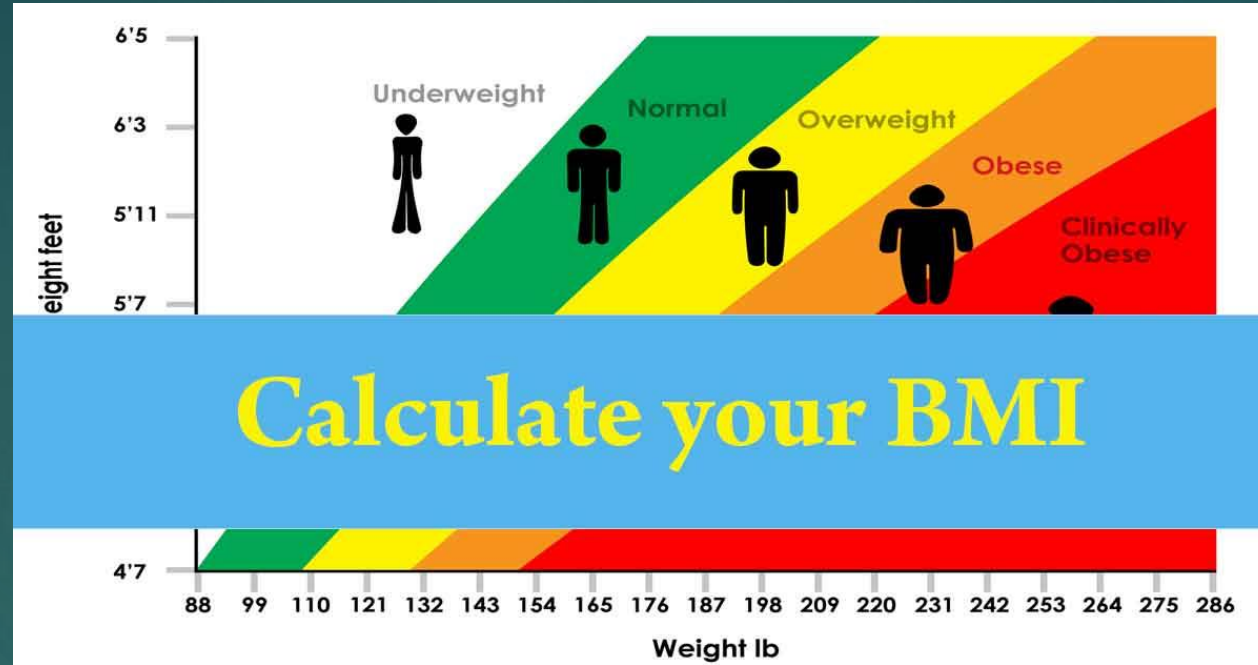
Java
swing

Flowchart Of BMI



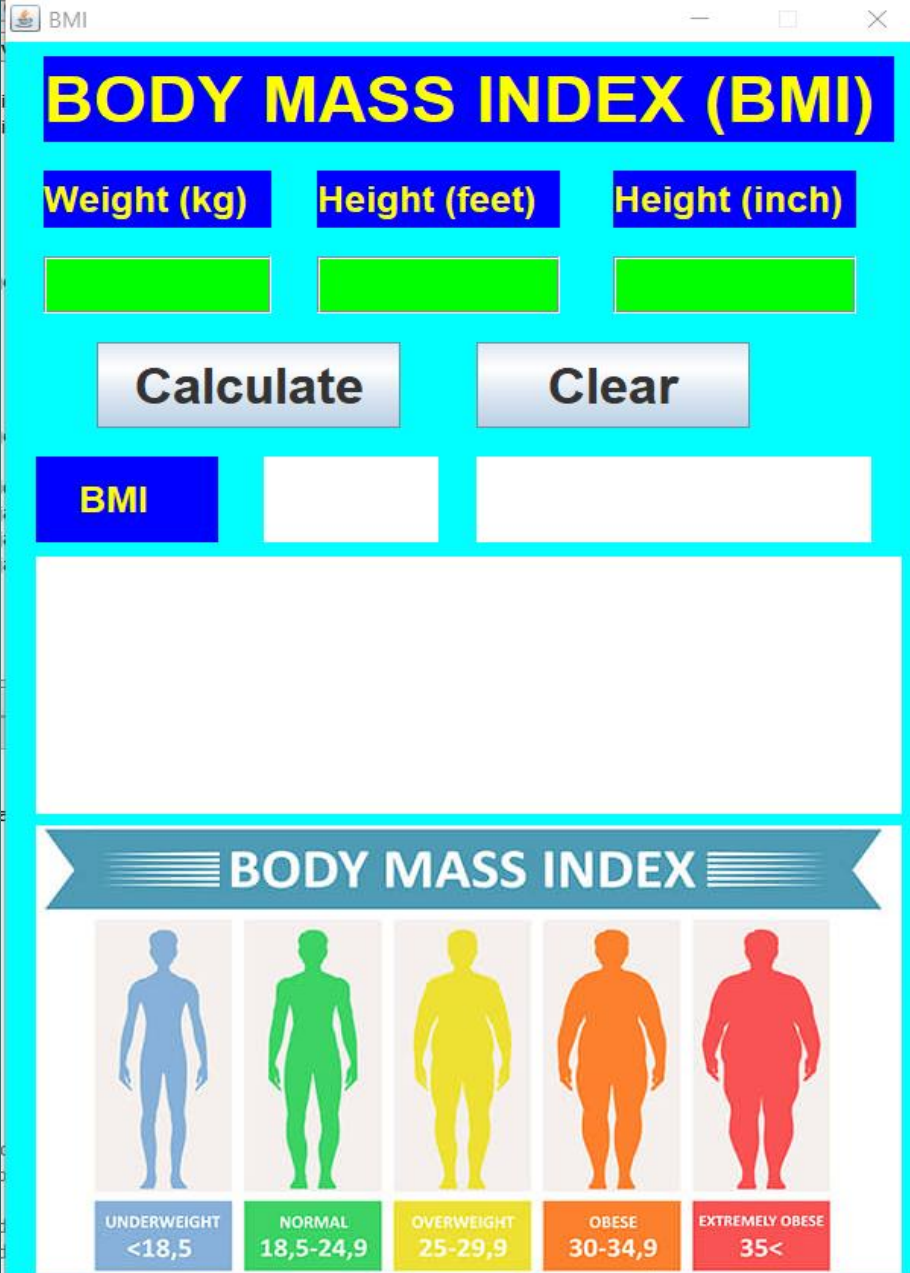
Example of this....

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	$60 / (1.63 * 1.63) = 22.58$



Now we discuss about output of the project

This is the
front page of
our project



The screenshot shows a web application window titled "BMI". At the top, there is a blue banner with the text "BODY MASS INDEX (BMI)" in yellow. Below this, there are three input fields for "Weight (kg)", "Height (feet)", and "Height (inch)", each with a red border. Below the input fields are two buttons: "Calculate" and "Clear". Below these buttons are two empty white boxes, one labeled "BMI" in red. Below the boxes is a large white rectangular area. At the bottom, there is a blue banner with the text "BODY MASS INDEX" in white. Below the banner are five colored silhouettes of human figures representing different BMI categories: Underweight (blue), Normal (green), Overweight (yellow), Obese (orange), and Extremely Obese (red). Below each silhouette is a label and a range of values.

Category	Range
UNDERWEIGHT	<18,5
NORMAL	18,5-24,9
OVERWEIGHT	25-29,9
OBESE	30-34,9
EXTREMELY OBESE	35<

BMI

BODY MASS INDEX (BMI)

Weight (kg) Height (feet) Height (inch)

55 5 0






Calculate Clear

BMI 23.68 Normal

WoW

Your Weight is perfect
You should keep it up

BODY MASS INDEX

				
UNDERWEIGHT <18,5	NORMAL 18,5-24,9	OVERWEIGHT 25-29,9	OBESE 30-34,9	EXTREMELY OBESE 35<

Calculated Normal Weights Results

BMI

BODY MASS INDEX (BMI)

Weight (kg)

Height (feet)

Height (inch)

60

4

11

Calculate

Clear

BMI

26.71

Overweight

You should decrease weights 6kg

Follows some instructions such as :

1. Losing weight through healthy eating.

2. Being more physically active, and making other changes to your usual habits.

3. Eat less fat and fewer fried foods.

4. Limit the amount of sugar you eat.

BODY MASS INDEX



UNDERWEIGHT

<18,5



NORMAL

18,5-24,9



OVERWEIGHT

25-29,9



OBESE

30-34,9



EXTREMELY OBESE

35<

Calculated Overweight Result

11

BMI

BODY MASS INDEX (BMI)

Weight (kg)

Height (feet)

Height (inch)

90

5

0

Calculate

Clear


BMI

38.75


Extremly Obese

You should decrease weights 34kg
Follows some instructions such as :
1.Reduce calorie & sodium intake by cutting out processed foods
2.Get your heart pumping.Watch your calories.To lower your BMI,you need to consume fewer calories than you burn.
3.Prepare your meals. Meal prep prevents you from grabbing takeout on the way home from work.


BODY MASS INDEX




UNDERWEIGHT
<18,5




NORMAL
18,5-24,9



OVERWEIGHT
25-29,9



OBESE
30-34,9



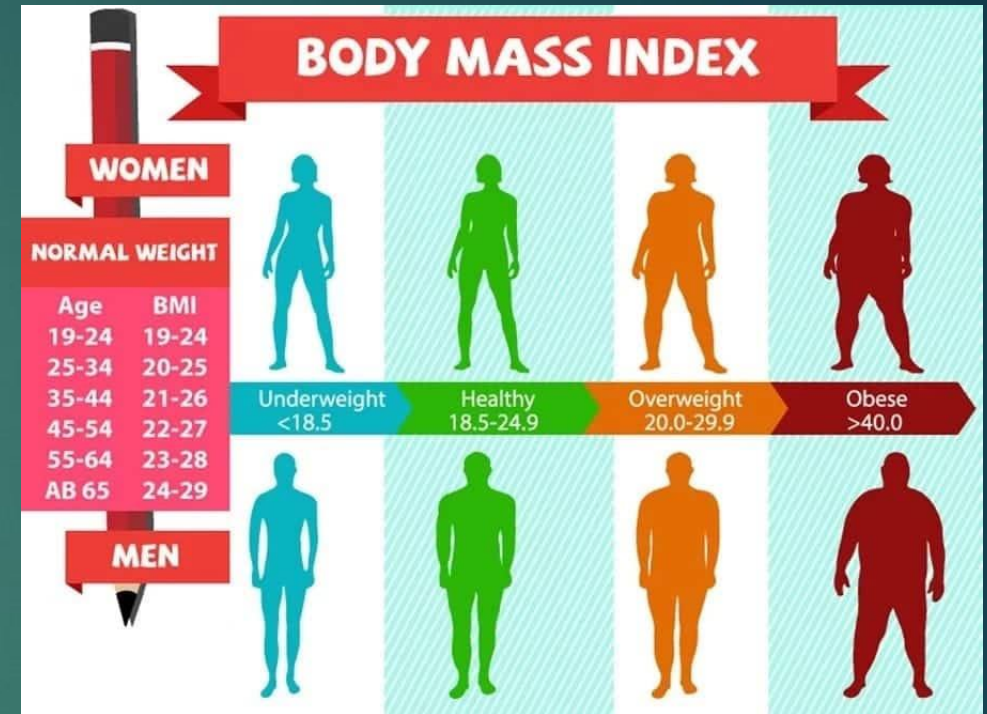
EXTREMELY OBESE
35<

Calculated Extremly Obese Results

12

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.



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.



THANK YOU