**Introduction**

In this era of the world where technology is taking its toll in modernization, digitization and automation in any field of work is nothing new for us to see. What required excessive traveling and expenditure then now people do things with the tip of their fingers sitting on a couch from their home; all made possible by advancement of technology and introduction of smart phones.

Body mass index (BMI) is a value derived from the mass ([weight](https://en.wikipedia.org/wiki/Mass_versus_weight" \o "Mass versus weight)) and [height](https://en.wikipedia.org/wiki/Height" \o "Height) of a person. The BMI is defined as the [body mass](https://en.wikipedia.org/wiki/Human_body_weight" \o "Human body weight) divided by the [square](https://en.wikipedia.org/wiki/Square_(algebra)" \o "Square (algebra)) of the [body height](https://en.wikipedia.org/wiki/Human_height" \o "Human height), and is expressed in [units](https://en.wikipedia.org/wiki/Units_of_measurement" \o "Units of measurement) of kg/m2, resulting from mass in [kilograms](https://en.wikipedia.org/wiki/Kilogram" \o "Kilogram) and height in [metres](https://en.wikipedia.org/wiki/Metre" \o "Metre). The BMI is a convenient [rule of thumb](https://en.wikipedia.org/wiki/Rule_of_thumb" \o "Rule of thumb) used to broadly categorize a person as underweight, normal weight, overweight, or obese based on tissue mass ([muscle](https://en.wikipedia.org/wiki/Muscle" \o "Muscle), fat, and bone) and height. Commonly accepted BMI ranges are underweight (under 18.5 kg/m2), normal weight (18.5 to 24.9), overweight (25 to 29.9), and obese (over 30).

In general, the higher your BMI, the higher the risk of developing a range of conditions linked with excess weight, including diabetes, arthritis, liver disease, several types of cancer (such as those of the breast, colon, and prostate), high blood pressure (hypertension),high cholesterol, sleep apnea. [According to the WHO](https://www.who.int/features/factfiles/obesity/en/" \t "https://www.health.harvard.edu/blog/_blank), nearly 3 million people dye yearly worldwide due to being overweight or obese. To overcome this, BMI calculator is an android app that will help to maintain our Body Mass Index.

BMI Calculator app will take height (Meter) and Weight(Kilogram) of particular user and will provide information like where user lie in BMI scale(underweight (under 18.5 kg/m2), normal weight (18.5 to 24.9), overweight (25 to 29.9), and obese (over 30)). Moreover BMI Calculator will have different features which provide user information like what user have to follow according to BMI scale they lie and BMI History, which is different from pre-existing BMI Calculator.

**Literature Review**

Body Mass Index (BMI) is calculated by dividing weight (in kilograms) by (height)² (in metres²). The World Health Organization defines overweight as having a BMI value of 25.0 to 29.9, while a BMI of greater than 30 is considered obese. A BMI value of 18.5 to 24.9 is generally considered normal, and a BMI less than 18.5 is defined as underweight.

**BMI: Be calculative in your life!**( Koshini, Shu Min, Le Shan) explains BMI as simple, quick, effective and applies to all. The calculation of BMI is the same for both male or female, adult or otherwise. It requires only quick measurement of both the height and weight, followed by a simple calculation which can be computed manually on paper or through the internet.

**The BMI Calculator App(**Ahmed Abdulhasan Mahdi, Shibani Kulkarni**)** explains BMI CalculatorApp is software applications which avoids more manual hours that need to spend in personally calculate and find the BMI for a particular person at a single click. This application keeps both the standard in it ie, American standard and Indian standard too.This app gives us all the information in both the standards which is not given in existing app.

**Easy BMI Calculator**(Codium App Ideas). This Easy BMI Calculator Android application takes age, weight and height. After calculating BMI it displays where that user lies in BMI Scale but does not shows what that particular scales means. Moreover it does not shows what that person have to do and follow after lying in that particular BMI scale(Underweight, normal, over weight, obese). There is no BMI history to keep track.

The main difference between Easy BMI Calculator and BMI Calculator that is going to develop are BMI history. BMI history will show history of user including particular date and BMI value. Other difference is BMI Calculator will show what things and have to follow after lying on that particular BMI scale.