

BMI CALCULATOR + HEALTH ASSISTANT

Enter your name: Bhumi

Enter your age: 18

Enter your weight in kg: 43

Enter your height in meters: 1.71

Calculating your BMI... Please wait!

Hello Bhumi, Age: 18

Your BMI is: 14.71

Category: Underweight

--- Health Tips for You ---

- Increase calorie intake with nutritious foods.
- Add healthy fats like nuts, seeds, and avocados.
- Strength training helps gain muscle weight.

Recommended Water Intake: 1.42 liters/day

Health Report Generated On: 23-11-2025 06:35:22 PM
Stay healthy! Take care :)

BMI CALCULATOR + HEALTH ASSISTANT

Enter your name: Nishu

Enter your age: 20

Enter your weight in kg: 69

Enter your height in meters: 1.95

Calculating your BMI... Please wait!

Hello Nishu, Age: 20

Your BMI is: 18.15

Category: Underweight

--- Health Tips for You ---

- Increase calorie intake with nutritious foods.
- Add healthy fats like nuts, seeds, and avocados.
- Strength training helps gain muscle weight.

Recommended Water Intake: 2.28 liters/day

Health Report Generated On: 23-11-2025 06:37:40 PM

Stay healthy! Take care :)