

# Body Mass Index

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**Abstract:** *The main purpose of this project, BMI (Body Mass Index) is a measure of body fat based on height and weight that applied to adult and women. BMI is the Body Mass Index, a measure of body fat based on height and weight applied to adults and women. Body Mass Index is a simple calculation using person's height and weight. The formula is  $BMI = kg/m^2$  where kg is person's weight in kilogram and  $m^2$  is height in meter squares. A BMI of less than 18.6 means a person is underweight. A BMI is between 18.6 and 24.9 is normal. A BMI is more than 24.9 is overweight. The major goal is to keep one's health in good shape. The BMI App provides us with all of the necessary information, such as health recommendations and advice on what to eat and what to avoid.*

**Keywords:** HTML, CSS, JavaScript

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