

1. To calculate Basal Metabolic Rate (BMR) use one of the following formulas below:

Female: $BMR = 655 + (4.35 \times \text{weight}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Male: $BMR = 66 + (6.23 \times \text{weight}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

My BMR =

2. To Calculate Body Mass Index (BMI): $\text{Weight} \div \text{Height in inches} \div \text{Height in inches} \times 703$

My BMI =