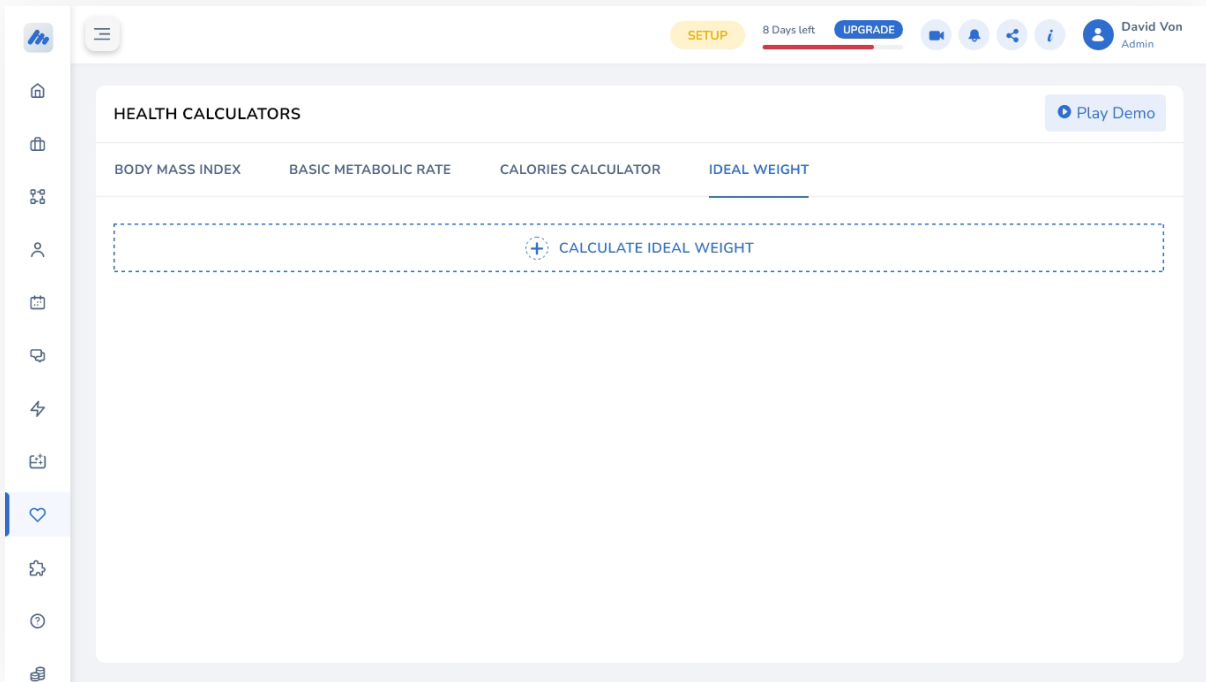




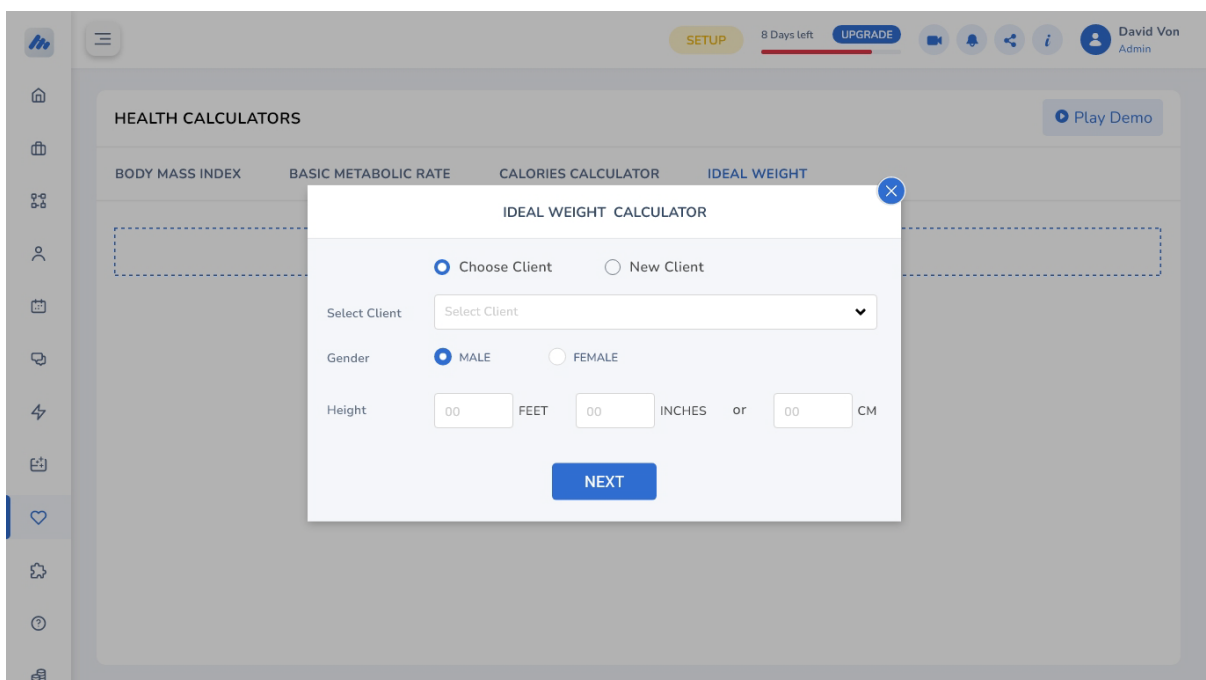
IDEAL WEIGHT CALCULATOR

As we all know body weight is one of the primary criteria to ascertain the status of a person's health. The main purpose of Ideal Weight Calculator is to help you get the right weight of your clients based on parameters like height, gender and age. The Ideal Weight calculator tool aims to help you find out the health weight range and avoid the health risks associated with being overweight, underweight or obese. Follow the below listed easy steps to calculate the Ideal Weight using Mevolife Software:

1. Click on the "Calculate Ideal Weight" option to start using the tool and compute the ideal weight for your new and existing clients.



2. Input Gender and Height to get the results for the required calories.





3. You can either choose from Existing Client List or Add New Clients to record the result in the CMS.

4. Once you click on calculate the software will automatically compute the Daily Calories and make the entry in the list of records. You can edit, share or delete the entries as per your requirements.

The screenshot displays the 'HEALTH CALCULATORS' interface. At the top, there are navigation tabs for 'BODY MASS INDEX', 'BASIC METABOLIC RATE', 'CALORIES CALCULATOR', and 'IDEAL WEIGHT'. A 'CALCULATE IDEAL WEIGHT' button is prominently displayed. Below this is a table with columns for 'CLIENT NAME', 'HEIGHT', 'IDEAL WEIGHT', and 'OPTIONS'. The table contains three entries for 'Aleina Dorries' with a height of '5.8 FEET'. The ideal weight is shown as '55 - 75 KG'. A 'UNITS' dropdown menu is open, showing 'Kilograms (kg)' and 'Pounds' as options. The interface also includes a 'SETUP' button, a '8 Days left' timer, an 'UPGRADE' button, and a user profile for 'David Von Admin'.

CLIENT NAME	HEIGHT	IDEAL WEIGHT	OPTIONS
Aleina Dorries	5.8 FEET		[Edit] [Share] [Delete]
Aleina Dorries	5.8 FEET		[Edit] [Share] [Delete]
Aleina Dorries	5.8 FEET	55 - 75 KG	[Edit] [Share] [Delete]

