

IDEAL WEIGHT CALCULATORS

calculator	notes
<u>Basal Metabolic Rate (BMR) Calculation</u>	
<u>Harris-Benedict Equation</u>	
<u>Mifflin-St Jeor Equation</u>	
<u>BMI Calculator - Body Mass Index</u>	
<u>Waist-to-Height Ratio (WHtR) Calculator</u>	
<u>Waist-to-Hip Ratio (WHR) Calculator</u>	
<u>Body Adiposity Index (BAI)</u>	
<u>Lean Body Mass (LBM) Calculators-</u>	