

## Ýdeal Kilo Hesaplayýcý - BMI

Apađýdaki Formu Kullanarak Ýdeal Kilonuzu ve BMI Deđerinizi Bulabilirsiniz.

```
function bmiCalc(form) {
    var weight = Number(form.wt.value);
    var height = Number(form.ht.value);

    if (!checkNum(weight, "Kilo")) {
        form.wt.select();
        form.wt.focus();
        return false
    }

    if (!checkNum(height, "Boy")) {
        form.ht.select();
        form.ht.focus();
        return false
    }

    if (form.wu.selectedIndex == 0) {
        // What units for weight?
        // 0 = lbs
        // 1 = kg
        weight = weight * 0.45359237; // Convert wt (lbs to kg)
    }

    if (form.sex[1].checked) { // Is the patient female?
        // 0 = male
        // 1 = female
        leanConvert = 148;
        idealConvert = 45.5; // conversion factors for women
    } else {
        leanConvert = 128;
        idealConvert = 50; // conversion factors for men
    }

    if (form.hu.selectedIndex == 0) {
        // if height units are "inches"
```

```

heightInches = height;
heightMeters = height * 2.54 / 100;
}

if (form.hu.selectedIndex == 1) {
    // if height units are "cm"
    heightInches = height / 2.54;
    heightMeters = height / 100;
}

if (form.hu.selectedIndex == 2) {
    // if height units are "meters"
    heightInches = height * 100 / 2.54;
    heightMeters = height;
}

var bsa = 0.20247 * Math.pow(heightMeters,0.725) *
    Math.pow(weight,0.425);
var leanKg = 1.1 * weight - leanConvert * (Math.pow(weight,2) /
    Math.pow((100 * heightMeters),2));
var leanLbs = leanKg * 2.2046226;
var idealKg = idealConvert + 2.3 * (heightInches - 60);
var idealLbs = idealKg * 2.2046226;
var bmi = weight / Math.pow(heightMeters,2);

bsa = rounding(bsa,2);
leanKg = Math.round(leanKg);
leanLbs = Math.round(leanLbs);
idealKg = Math.round(idealKg);
idealLbs = Math.round(idealLbs);
bmi = rounding(bmi,1);

if (bmi < 18.5) {
    var interp = "ideal kilonuzun altinda"
} else {
    if (bmi < 25.0) {
        var interp = "Normalsiniz"
    } else {
        if (bmi < 30.0) {
            var interp = "ideal Kilonuzun ustunde"
        } else {
            var interp = "Acil Diyet uyarisi"
        }
    }
}

form.bsa.value = bsa;
form.leanKg.value = leanKg;
form.leanLbs.value = leanLbs;
form.idealKg.value = idealKg;
form.idealLbs.value = idealLbs;
form.bmi.value = bmi;
form.interp.value = interp;

return true
}

function checkNum(val,text) {
    if ((val == null) || (isNaN(val)) || (val == "") || (val < 0)) {
        alert("Lütfen bu alani doldurunuz " + text + ".");
        return false
    }
    return true;
}

```

}

```
function rounding(number,decimal) {  
  multiplier = Math.pow(10,decimal);  
  number = Math.round(number * multiplier) / multiplier;  
  return number  
}
```

Cinsiyet:

Erkek Bayan

Yandaki Parametrelerin Formülleri :

Kilonuz:

lbs

kg

Vücut Yüzey Alaný

0.20247 x Boy (m)0.725 x Ađýrlýk (kg)0.425

Boyunuz:

inches

cm

meters

Yađsýz Vücut Ađýrlýđý

Erkek : (1.10 x Ađýrlýk (kg)) - 128 (Ađýrlýk<sup>2</sup>/(100 x Boy(m))<sup>2</sup>)Bayan : (1.07 x Ađýrlýk (kg)) - 148 (Ađýrlýk<sup>2</sup>/(100 x Boy(m))<sup>2</sup>)

Sonuçlar

Vücut Yüzey Alanýnýz :

m<sup>2</sup>

Yađsýz Vücut Ađýrlýđýnýz :

kg = lbs

Ýdeal Vücut Ađýrlýđý

Erkek : 50 + 2.3 ( Boy (in) - 60 )

Bayan : 45.5 + 2.3 ( Boy (in) - 60 )

Ýdeal Vücut Ađýrlýđýnýz :  
kg = lbs

Body Mass Index (BMI) :  
kg/m<sup>2</sup> =  
Body Mass Index (Vücut Kitle Ýndeksi)

Ađýrlýk (kg) / Boy (m)<sup>2</sup>

Sonuç :