

# Calculate your own BMI

## by Gerald Fitton

On the Files page of the Archive website at: <http://www.archivemag.co.uk> you'll find the files associated with this article - and a few more ...

The 'Extras' are there so that you can calculate your own BMI!

Download the zip archive called [BMI4U/zip]. Open it and you'll find three directories 'Fwz', 'FwzWin' and 'Pipe'. The files in these directories run in Fireworkz for RISC OS, Fireworkz for Windows and PipeDream respectively. They all behave the same way so you can choose the set which suits you best.

Open any of these three directories and you'll see the files [Imp] and [Metric]. The [Imp] file allows you to enter Imperial values such as Stones and Pounds (Avoirdupois); the [Metric] file allows you to enter Metric values, Kg and Metres.

You will find an example in each which calculates the BMI of Gerald (that's me!).

Under the word "Gerald" type your name. You must enter something in this cell otherwise the spreadsheet will remain lifeless! Then in the columns to the right of your name enter your weight and height.

The spreadsheet will return your BMI in the penultimate column and, in the last column on the right it will tell you whether you are "Beautiful" - or not! Oh Dear! It looks as if I'm "Overweight" (see screenshot).

There are enough rows in the sheet for fourteen entries but you can insert more rows (in between other rows) if you need them. You may need a little familiarity with the spreadsheet program to do this.

There is a way of plotting all these extra points on the graph but let's leave that for the 'Advanced Course' - another day.

If you have neither PipeDream nor Fireworkz then download the RISC OS Demo version of Fireworkz from:

<http://archive.abacusline.co.uk>.

Username: archive

Password: amusement

The files will load into this Demo Version and you will be able to add extra lines.