

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>Ideal Weight Calculator</title>
  <style>
    .calculator {
      font-family: Arial, sans-serif;
      background-color: #f0f0f0;
      padding: 20px;
      border-radius: 8px;
      box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
      max-width: 400px;
      margin: auto;
    }
    input[type="number"], select {
      width: 100%;
      padding: 10px;
      margin: 10px 0;
      border: 1px solid #ccc;
      border-radius: 4px;
    }
    button {
      background-color: #007BFF; /* Blue */
      color: white;
      padding: 15px 20px;
      margin: 10px 0;
      border: none;
      border-radius: 4px;
      cursor: pointer;
      width: 100%;
      font-size: 16px;
    }
  </style>

```

```
}
button:hover {
  background-color: #0056b3; /* Darker Blue */
}
.result {
  margin-top: 20px;
  font-weight: bold;
}
</style>
</head>
<body>
<div class="calculator">

  <label for="height">Height (in cm):</label>
  <input type="number" id="height" placeholder="Enter your height">

  <label for="weight">Current Weight (in kg):</label>
  <input type="number" id="weight" placeholder="Enter your current weight">

  <label for="gender">Gender:</label>
  <select id="gender">
    <option value="male">Male</option>
    <option value="female">Female</option>
  </select>

  <label for="bodyType">Body Type:</label>
  <select id="bodyType">
    <option value="slim">Slim</option>
    <option value="average">Average</option>
    <option value="athletic">Athletic</option>
  </select>
</div>
</body>
</html>
```

```
<option value="overweight">Overweight</option>
<option value="obese">Obese</option>
</select>
```

```
<label for="activityLevel">Activity Level:</label>
<select id="activityLevel">
  <option value="sedentary">Sedentary (little or no exercise)</option>
  <option value="light">Lightly active (light exercise/sports 1-3 days/week)</option>
  <option value="moderate">Moderately active (moderate exercise/sports 3-5 days/week)</option>
  <option value="active">Active (hard exercise/sports 6-7 days a week)</option>
  <option value="very_active">Very active (very hard exercise/sports & physical job)</option>
</select>
```

```
<button onclick="calculateIdealWeight()">Calculate</button>
```

```
<div class="result" id="result"></div>
</div>
```

```
<script>
function calculateIdealWeight() {
  const height = parseFloat(document.getElementById("height").value);
  const weight = parseFloat(document.getElementById("weight").value);
  const gender = document.getElementById("gender").value;
  const bodyType = document.getElementById("bodyType").value;
  const activityLevel = document.getElementById("activityLevel").value;
  let idealWeight;

  if (!height) {
```

```
document.getElementById("result").innerHTML = "Please enter your height.";
return;
}
```

```
if (gender === "male") {
    idealWeight = 50 + 0.91 * (height - 152.4);
} else {
    idealWeight = 45.5 + 0.91 * (height - 152.4);
}
```

```
// Adjust ideal weight based on body type
switch (bodyType) {
    case "slim":
        idealWeight *= 0.9; // Decrease for slim body type
        break;
    case "average":
        idealWeight *= 1.0; // No change for average body type
        break;
    case "athletic":
        idealWeight *= 1.1; // Increase for athletic body type
        break;
    case "overweight":
        idealWeight *= 1.2; // Increase for overweight body type
        break;
    case "obese":
        idealWeight *= 1.3; // Increase for obese body type
        break;
}
```

```
// Adjust ideal weight based on activity level
```

```
switch (activityLevel) {
  case "sedentary":
    idealWeight *= 1.0;
    break;
  case "light":
    idealWeight *= 1.1;
    break;
  case "moderate":
    idealWeight *= 1.2;
    break;
  case "active":
    idealWeight *= 1.3;
    break;
  case "very_active":
    idealWeight *= 1.4;
    break;
}
```

```
    document.getElementById("result").innerHTML = `Your ideal weight is approximately: ${idealWeight.toFixed(2)} kg`;
  }
</script>
</body>
```

```
<p><center><a href="https://www.calculatorshubs.com/">Calculatorshubs</a></center></p>
```

```
</html>
```