Body Fat Calculator

Body Fat Calculator

Sex:

| bărbat | ▾ |

Vârsta:

introdu vârsta

Greutate (kg):

introdu greutatea

Înălțimea (cm):

introdu înălțimea

Gât (cm):

introdu circumferința gâtului

Talie (cm):

introdu circumferința taliei

Calculează

Экспорт блока

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cGFuIGNsYXNzPVxcJylyZXN1bHQtbGFiZWxcXFwiPkxlYW4gQm9keSBNYXNzIChrZyk6PFxcL3NwYW4+ICR7bGVhbmJvZHlNYXNzLnRvRml4ZWQoMil9IGtnPFxcL2Rpdj5cXG4gICAgICAgICAgICA8ZGl2IGNsYXNzPVxcJylyZXN1bHQtaXRlbVxcXCI+PHNwYW4gY2xhc3M9XFxcInJlc3VsdC1sYWJlbFxcXCI+SWRlYWwgQm9keSBGYXQgZm9yIEdpdmVuIEFnZSAoJSk6PFxcL3NwYW4+ICR7aWRlYWxCb2R5RmF0LnRvRml4ZWQoMil9JTxcXC9kaXY+XFxuICAgICAgICAgICAgPGRpdiBjbGFzcz1cXFwicmVzdWx0LWl0ZW1cXFwiPjxzcGFuIGNsYXNzM9XFxcInJlc3VsdC1sYWJlbFxcXCI+PjxzcGFuIGNsYXNzM9XFxcInJlc3VsdC1sYWJlbFxcXCI+Pkvb2R5IGRmF0IHRvIExvc2UgdG8gUmVhY2ggSWRlYWwgKGtnKTo8XFwvc3Bhbj4gJHtib2R5RmF0VG9Mb3NlLnRvRml4ZWQoMil9IGtnPFxcL2Rpdj5cXG4gICAgICAgICAgICA8ZGl2IGNsYXNzPVxcXCJyZXN1bHQtaXRlbVxcXCI+PHNwYW4gY2xhc3M9XFxcInJlc3VsdC1sYWJlbFxcXCI+Qm9keSBGYXQgKCUpOjxcXC9zcGFuPiAoQk1JIG1ldGhvZCk6ICR7Ym9keUZhdEJNaU1ldGhvZC50b0ZpeGVkKDIpfSU8XFwvZGl2PlxcbiAgICAgICAgICAgYDtcXG4gICAgfVxuXHVjbiBjbGFzcyBndW5jdGlvbiBpZGVhbEJvZHlGYXRDZWYjSB7XFxuICAgICAgICBpZiAoZ2VuZGVyID09PSBcXFwibWFsZVxcXCIpIHtcXG4gICAgICAgICAgICBpZiAoYWdlIDw9IDIwKSByZXR1cm4gOC41O1xcbiAgICAgICAgICAgIGVsc2UgaWYgKGFnZSA8PSAyNSkgcmV0dXJuIDEwLjU7XFxuICAgICAgICAgICAgZWxzZSBpZiAoYWdlIDw9IDMwKSByZXR1cm4gMTIuNntcXG4gICAgICAgICAgICBlbHNlIGlmIChhZ2UgPD0gMzUpIHJldHVybiAxMy43O1xcbiAgICAgICAgICAgIGVsc2UgaWYgKGFnZSA8PSA0MCkgcmV0dXJuIDE1LjM7XFxuICAgICAgICAgICAgZWxzZSBpZiAoYWdlIDw9IDQ1KSByZXR1cm4gMTYuNDtcXG4gICAgICAgICAgICBlbHNlIGlmIChhZ2UgPD0gNTApIHJldHVybiAxOC45O1xcbiAgICAgICAgICAgIGVsc2UgaWYgKGFnZSA8PSA1NSkgcmV0dXJuIDIwLjc7XFxuICAgICAgICAgICAgZWxzZSByZXR1cm4gMjIuN1xcbiAgICAgICAgfSBlbHNlIHsgLy8gZmVtYWxlXFxuICAgICAgICAgICAgaWYgKGFnZSA8PSAyMCkgcmV0dXJuIDE3LjdcXG4gICAgICAgICAgICBlbHNlIGlmIChhZ2UgPD0gMjUpIHJldHVybiAxOC40O1xcbiAgICAgICAgICAgIGVsc2UgaWYgKGFnZSA8PSAzMCkgcmV0dXJuIDE5LjM7XFxuICAgICAgICAgICAgZWxzZSBpZiAoYWdlIDw9IDM1KSByZXR1cm4gMjEuNTtcXG4gICAgICAgICAgICBlbHNlIGlmIChhZ2UgPD0gNDApIHJldHVybiAyMi4yO1xcbiAgICAgICAgICAgIGVsc2UgaWYgKGFnZSA8PSA0NSkgcmV0dXJuIDIzLjU7XFxuICAgICAgICAgICAgZWxzZSBpZiAoYWdlIDw9IDUwKSByZXR1cm4gMjQuNjtcXG4gICAgICAgICAgICBlbHNlIGlmIChhZ2UgPD0gNTUpIHJldHVybiAyNi4zO1xcbiAgICAgICAgICAgIGVsc2UgcmV0dXJuIDI4OyBcXC9cXC8gXFx1MDQxY1xcdTA0M2VcXHUwNDM2XFx1MDQzZFxcdTA0M2VcXHUwNDM3XFx1MDQzYVxcdTA0MzBcXHUwNDM3XFx1MDQzMFxcdTA0M2JcXHUwNDNlXFx1MDQzN1xcdTA0MzBcXHUwNDM3XFx1MDQzMFxcdTA0M2JcXHUwNDNkXFx1MDQzZVxcdTA0M2JcXHUwNDJhXFx1MDQzZFxcdTA0M2JcXHUwNDNlXFx1MDQzN1xcdTA0MzBcXHUwNDM3XFx1MDQzMFxcdTA0M2JcXHUwNDNkXFx1MDQzZVxcdTA0M2JcXHUwNDQyXFx1MDQzMFxcdTA0M2JcXHUwNDNlXFx1MDQ0MVxcdTA0MzBcXHUwNDNkXFx1MDQzZVxcdTA0M2JcXHUwNDNlXFx1MDQzN1xcdTA0NDBcXHUwNDNlXFx1MDQzMFxcdTA0MzdcXHUwNDM3XFx1MDQzMFxcdTA0M2JcXHUwNDNkXFx1MDQzZVxcdTA0M2JcXHUwNDQyXFx1MDQ0MFxcdTA0M2JcXHUwNDNlXFx1MDQzN1xcdTA0MzBcXHUwNDM3XFx1MDQzMFxcdTA0M2JcXHUwNDNkXFx1MDQzZVxcdTA0M2JcXHUwNDQyXFx1MDQzMFxcdTA0M2JcXHUwNDNlXFx1MDQ0MlxcdTA0M2JcXHUwNDNlXFx1MDQzN1xcdTA0M2JcXHUwNDNlXFx1MDQzN1xcdTA0MzBcXHUwNDM3XFx1MDQzMFxcdTA0M2JcXHUwNDNkXFx1MDQzZVxcdTA0M2JcXHUwNDQyXFx1MDQzMFxcdTA0M2JcXHUwNDNlXFx1MDQ0MlxcdTA0MzBcXHUwNDNkXFx1MDQzZVxcdTA0M2JcXHUwNDNlXFx1MDQ0MlxcdTA0M2JcXHUwNDNlXFx1MDQzN1xcdTA0M2JcXHUwNDNlXFx1MDQzN1xcdTA0MzBcXHUwNDM3XFx1MDQzMFxcdTA0M2JcXHUwNDNkXFx1MDQzZVxcdTA0M2JcXHUwNDQyXFx1MDQzMFxcdTA0M2JcXHUwNDNlXFx1MDQ0MlxcdTA0MzBcXHUwNDNkXFx1MDQzZVxcdTA0M2JcXHUwNDNlXFx1MDQ0MlxcdTA0M2JcXHUwNDNlXFx1MDQzN1xcdTA0M2JcXHUwNDNlXFx1MDQzN1xcdTA0MzBcXHUwNDM3XFx1MDQzMFxcdTA0M2JcXHUwNDNkXFx1MDQzZVxcdTA0M2JcXHUwNDQyXFx1MDQzMFxcdTA0M2JcXHUwNDNlXFx1MDQ0MlxcdTA0MzBcXHUwNDNkXFx1MDQzZVxcdTA0M2JcXHUwNDNlXFx1MDQ0MlxcdTA0M2JcXHUwNDNlXFx1MDQzN2dbnVsbFxcbiAgICAgICB9XFxuPFxcuPFxcL3NjcmlwdD5cIixcInJlc3VsdHNcIjp7fSwiYmxvY2tYWJpYWJsZXNcIjpjcllwiLFwiYmxvY2tYWRkaW5nVG9wXCI6MCxcImJsb2NrUGFkZGluZz00vdHRvVXwiOjAsXCJibG9ja0JhY2tncm91bmRDb2xvclwiOiwiXCIsXCJibG9ja0Zvcmdlcm91bmRDb2xvclwiOiwiXCIsXCJibG9ja0xpbmtDb2xvclwiOiwiXCIsXCJibG9ja0Zvbm5RcIjpudWxsLFwiYmxvY2tyb250SGVhZGVyXCI6bnVsbCxcImJsb2NrQ3NzQ2xhc3NcIjpcIlwiLFwiYmxvY2tDb3ZlclwiOm51bGwsXCJpc01vZGFsXCI6bnVsbCxcImJsb2NrQ2xpY2tBY3Rpb25cIjpcIlwiLFwiYmxvY2tGbGV4XCI6MH0iLCJjc3MiOm51bGwsImlzUmVkZXNpZ24iOmZhbHNlfQ==

```
<style>
    /* body {
        font-family: Arial, sans-serif;
        background-color: #f0f0f5;
        margin: 0;
        padding: 0;
    } */

    .mnfst-bfc {
        max-width: 500px;
        margin: 50px auto;
        padding: 20px;
        background-color: white;
        box-shadow: 0 4px 8px rgba(0, 0, 0, 0.1);
        border-radius: 10px;
    }

    .mnfst-bfc h1 {
        text-align: center;
        color: #333;
    }

    .mnfst-bfc label {
        display: block;
        margin-bottom: 8px;
        color: #555;
    }

    .mnfst-bfc input,
    .mnfst-bfc select {
        width: 100%;
        padding: 10px;
        margin-bottom: 15px;
        border: 1px solid #ccc;
        border-radius: 5px;
    }

    .mnfst-bfc button {
        width: 100%;
        padding: 12px;
```

```css
      background-color: #28a745;
      color: white;
      border: none;
      border-radius: 5px;
      cursor: pointer;
   }

   .mnfst-bfc button:hover {
      background-color: #218838;
   }

   .mnfst-bfc .results {
      margin-top: 20px;
   }

   .mnfst-bfc .result-item {
      margin-bottom: 10px;
   }

   .mnfst-bfc .result-label {
      font-weight: bold;
      color: #333;
   }
</style>
```

```html
<div class="mnfst-bfc">
   <h1>Body Fat Calculator</h1>

   <label for="gender">Sex:</label>
   <select id="gender" onchange="toggleHipField()">
      <option value="male">bărbat</option>
      <option value="female">femeie</option>
   </select>

   <label for="age">Vârsta:</label>
   <input type="number" id="age" placeholder="introdu vârsta" required>

   <label for="weight">Greutate (kg):</label>
   <input type="number" id="weight" placeholder="introdu greutatea" required>
```

```html
    <label for="height">Înălțimea (cm):</label>
    <input type="number" id="height" placeholder="introdu înălțimea" required>


    <label for="neck">Gât (cm):</label>
    <input type="number" id="neck" placeholder="introdu circumferința gâtului" required>


    <label for="waist">Talie (cm):</label>
    <input type="number" id="waist" placeholder="introdu circumferința taliei" required>


    <div id="hipField" style="display:none;">
        <label for="hip">Șolduri (cm):</label>
        <input type="number" id="hip" placeholder="introdu circumferința șoldurilor">
    </div>


    <button onclick="calculateBodyFat()">Calculează</button>


    <div class="results" id="results"></div>
</div>


<script>
    function toggleHipField() {
        const gender = document.getElementById('gender').value;
        const hipField = document.getElementById('hipField');
        if (gender === 'female') {
            hipField.style.display = 'block';
        } else {
            hipField.style.display = 'none';
        }
    }


    function calculateBodyFat() {
        const gender = document.getElementById('gender').value;
        const age = parseFloat(document.getElementById('age').value);
        const weight = parseFloat(document.getElementById('weight').value);
        const height = parseFloat(document.getElementById('height').value);
        const neck = parseFloat(document.getElementById('neck').value);
        const waist = parseFloat(document.getElementById('waist').value);
        let hip = null;


        if (gender === 'female') {
```

```javascript
        hip = parseFloat(document.getElementById('hip').value);
    }

    // U.S. Navy Method Calculation
    let bodyFatPercentage;
    if (gender === 'male') {
        bodyFatPercentage = 495 / (1.0324 - 0.19077 * Math.log10(waist - neck) + 0.15456 *
Math.log10(height)) -
            450;
    } else {
        bodyFatPercentage = 495 / (1.29579 - 0.35004 * Math.log10(waist + hip - neck) + 0.22100 * Math.log10(
            height)) - 450;
    }

    const bodyFatMass = (bodyFatPercentage / 100) * weight;
    const leanBodyMass = weight - bodyFatMass;

    // Jackson & Pollock Ideal Body Fat Calculation
    let idealBodyFat = idealBodyFatCalc(age, gender);

    const bodyFatToLose = Math.max(0, bodyFatMass - (idealBodyFat / 100) * weight);

    // BMI Method for Body Fat (approximation)
    const bmi = weight / Math.pow(height / 100, 2);
    const bodyFatBmiMethod = (1.2 * bmi) + (0.23 * age) - (10.8 * (gender === 'male' ? 1 : 0)) - 5.4;

    // Body Fat Category
    let bodyFatCategory;
    if (gender === 'male') {
        if (bodyFatPercentage < 6) {
            bodyFatCategory = 'Essential fat';
        } else if (bodyFatPercentage < 14) {
            bodyFatCategory = 'Athletes';
        } else if (bodyFatPercentage < 18) {
            bodyFatCategory = 'Fitness';
        } else if (bodyFatPercentage < 25) {
            bodyFatCategory = 'Average';
        } else {
            bodyFatCategory = 'Obese';
        }
```

```
      } else {
        if (bodyFatPercentage < 14) {
          bodyFatCategory = 'Essential fat';
        } else if (bodyFatPercentage < 21) {
          bodyFatCategory = 'Athletes';
        } else if (bodyFatPercentage < 25) {
          bodyFatCategory = 'Fitness';
        } else if (bodyFatPercentage < 32) {
          bodyFatCategory = 'Average';
        } else {
          bodyFatCategory = 'Obese';
        }
      }


      // Display results
      const results = document.getElementById('results');
      results.innerHTML = `
        <div class="result-item"><span class="result-label">Body Fat (%):</span>
${bodyFatPercentage.toFixed(2)}%</div>
        <div class="result-item"><span class="result-label">Body Fat Category:</span>
${bodyFatCategory}</div>
        <div class="result-item"><span class="result-label">Body Fat Mass (kg):</span>
${bodyFatMass.toFixed(2)} kg</div>
        <div class="result-item"><span class="result-label">Lean Body Mass (kg):</span>
${leanBodyMass.toFixed(2)} kg</div>
        <div class="result-item"><span class="result-label">Ideal Body Fat for Given Age (%):</span>
${idealBodyFat.toFixed(2)}%</div>
        <div class="result-item"><span class="result-label">Body Fat to Lose to Reach Ideal (kg):</span>
${bodyFatToLose.toFixed(2)} kg</div>
        <div class="result-item"><span class="result-label">Body Fat (%):</span> (BMI method):
${bodyFatBmiMethod.toFixed(2)}%</div>
      `;
    }

    function idealBodyFatCalc(age, gender) {
      if (gender === "male") {
        if (age <= 20) return 8.5;
        else if (age <= 25) return 10.5;
        else if (age <= 30) return 12.7;
        else if (age <= 35) return 13.7;
```

```
        else if (age <= 40) return 15.3;

        else if (age <= 45) return 16.4;

        else if (age <= 50) return 18.9;

        else if (age <= 55) return 20.9;

        else return 22; // Можно указать значение для возраста выше 55

    } else if (gender === "female") {

        if (age <= 20) return 17.7;

        else if (age <= 25) return 18.4;

        else if (age <= 30) return 19.3;

        else if (age <= 35) return 21.5;

        else if (age <= 40) return 22.2;

        else if (age <= 45) return 22.9;

        else if (age <= 50) return 25.2;

        else if (age <= 55) return 26.3;

        else return 28; // Можно указать значение для возраста выше 55

    }

    return null; // Если пол не указан, возвращаем null

  }

</script>
```