

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

[illegible]

AgICAgIG1hcmdpbi10b3A6IDlwHg7XFxulCAgIH1cXG5cXG4gICAgLm1uZnN0LWJmYyAucmVzdWx0LWI0ZW0ge1x
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xcdTAXMDNsXFx1MDIxYmItZWEGKGNtKTo8XFwvbGFiZWw+XFxulCAgIDxpbnB1dCB0eXBIPVxcXCJjudW1iZXJcXFwi
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xcXCJpbmRyb2R1IGNpcmN1bWZlcmIuXFx1MDIxYmEgZ1xcdTAwZTJ0dWx1aVxcXCIGcmVxdWlyZWQ+XFxuXFxulC
AgIDxsYWJlbCBmb3I9XFxclndhaXN0XFxclj5UYWxpZSAoY20pOjxcXC9sYWJlbD5cXG4gICAgPGlucHV0IHR5cGU9XFx
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zXFxclj48XFwvZGI2PlxcbjxcXC9kaXY+XFxuXFxuPHNjcmlwdD5cXG4gICAgZnVuY3Rpb24gdG9nZ2xISGlwRmllbGQ
oKSB7XFxulCAgICAgICBjb25zdCBnZW5kZXIgaWQ9PSBkb2N1bWVudC5nZXRFbGVtZW50QnljZCgnZ2VuZGVyJykudmFsd
WU7XFxulCAgICAgICBjb25zdCB0aXBGaWVsZCA9IGRvY3VtZW50LmdldEVsZW1lbnRCeUlKKCdoaXBGaWVsZCcpO1
xcbiAgICAgICAgAgaWYgKGdlbmRlciA9PT0gJ2ZlbWFsZScpIHtcXG4gICAgICAgICAgICBoaXBGaWVsZC5zdHlsZS5kaXN
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SA9ICdub25lJztcXG4gICAgICAgIH1cXG4gICAgfVxcblxcbiAgICBmdW5jdGlvb2JyYXJkZWxhdGVcb2R5RmF0KCKge1x
cbiAgICAgICAgY29uc3QgZ2VuZGVyID0gZG9jdW1lbnQuZ2V0RWxlbWVudEJ5SWQoJ2dlbmRlcicpLnZhbHVlO1xcbiA
gICAgICAgY29uc3QgYwdlID0gcGFyc2VGbG9hdChkb2N1bWVudC5nZXRFbGVtZW50QnljZCgnYwdlJykudmFsdWUp
O1xcbiAgICAgICAgY29uc3Qgd2VpZ2h0ID0gcGFyc2VGbG9hdChkb2N1bWVudC5nZXRFbGVtZW50QnljZCgnd2VpZ
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W50QnljZCgnaGVpZ2h0JykudmFsdWUpO1xcbiAgICAgICAgY29uc3QgbmVjayA9IHBhcnNIRmxvYXQoZG9jdW1lbnQ
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G9jdW1lbnQuZ2V0RWxlbWVudEJ5SWQoJ3dhaXN0JykudmFsdWUpO1xcbiAgICAgICAgbGV0IGhpcCA9IG51bGw7XF
xuXFxulCAgICAgICBpZiAoZ2VuZGVyID09PSAnZmVtYWxIjyke1xcbiAgICAgICAgICAgIGhpcCA9IHBhcnNIRmxvYXQ

[illegible]

[illegible]

```
<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;
```

```
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>

<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 vârstă" required>

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

```
<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') {
```

```

    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>
```

Revision #1

Created 15 March 2025 22:09:22 by David

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