

# ІМС калькулятор

## Introdu datele

Vârsta (ani):

Sex:

Bărbat

▼

Înălțime (cm):

Greutate (kg):

[Calculează IMC](#)

## Rezultat

IMC-ul tău: **25.22**

Nivel: **Excesul de greutate**

Diapazonul sănătos: **18.5 - 24.9**

Greutate optimă: **58.0 kg - 78.0 kg**

Recomandări: **Trebuie să slăbești 1.0 kg pentru a atinge norma.**

## Экспорт блока

eyJ0eXBlljoiZm9ybS1ub3JtYWwWiLCJwcmVzZXQoOiJmb3JtMDIiLCJwYXJhbXMiOij7XCJmb3JtXCi6ewiaXRlbXNcljp7XCJwYXJ0c1wiOntclmZpZWxkNDkzNzZcljp7XCJpbm5lclwiOntclnZhbmHVIXCI6XCiGICAgPHNOeWxlPlxcclxcbiAglCAgICAglCAgLnNbvmZpcm0tcnVsZXMTy2hiY2tib3gge1xcclxcbiAglCAgICAglCAglIGRpc3BsYXk6IG5vbmlU7XFxyXFxuLCAglCAglCB9XFxyXFxuXFxyXFxuLCAglCAglCAuYm1pLWNvbnRhaW5lciB7XFxyXFxuLCAglCAglCAglCAGZGlzcGxheTogZmxleDtEcXHjcXG4glCAglCAglCAglCBmbGV4LWRpcmVjdGlvbjojcm93O1xcclxcbiAglCAglCAglCAglGjhY2tncm91bmQtY29sb3I6lCNmZmY7XFxyXFxuLCAglCAglCAglCAgcGFkZGluZzogMjBweDtcXHJcXG4glCAglCAglCAglCBib3JkZXItcmFkaXVzOiAxMHB4O1xcclxcbiAglCAglCAglCAglGjveClzaGFkb3c6IDBweCA0cHggaMTBweCBYZZjhKDasIDAslDAslDAuMSk7XFxyXFxuLCAglCAglCAglCAGbWF4LXdpcZHROiA4MDBweDtcXHJcXG4glCAglCAglCAglCB3aWR0aDogMTAwJTtcXHJcXG4glCAglCAglCAglIH1cXHJcXG5cXHJcXG4glCAglCAglCAglC5pbmB1dC1zZWNoaW9uLFxcclxcbiAglCAglCAglCAgLnljc3Vsdc1zZWNoaW9uLHtcXHJcXG4glCAglCAglCAglCBmbGV4OiAxO1xcclxcbiAglCAglCAglCAglHBBhZGRpbmc6IDIwcHg7XFxyXFxuLCAglCAglCB9XFxyXFxuXFxyXFxuLCAglCAglCAuaW5wdXQtc2VjdGlubiB7XFxyXFxuLCAglCAglCAglCAGym9yZGVyLXJpZ2h0OiAxcHggc29saWQgl2RkZDtcXHJcXG4glCAglCAglIH1cXHJcXG5cXHJcXG4glCAglCAglCAglGxhYmVsIlHtcXHJcXG4glCAglCAglCAglCBkaXNWbGF5OiBibG9jaztcXHJcXG4glCAglCAglCAglCBtYXJnaW4tYm90dG9tOiAxMHB4O1xcclxcbiAglCAglCAglCAglGZvbnQt2VpZ2h0OiBib2xoO1xcclxcbiAglCAglCAglCAglVxcclxcbixccclxcbiAglCAglCAgaW5wdXQsXFxyXFxuLCAglCAglCBzZWxiY3Qge1xcclxcbiAglCAglCAglCAglHdpZHRoOiA5MCU7XFxyXFxuLCAglCAglCAglCAgcGFkZGluZzogMTBweDtcXHJcXG4glCAglCAglCAglCBtYXJnaW4tYm90dG9tOiAxNXB4O1xcclxcbiAglCAglCAglCAglGjvc mRlcjogMXB4IHNBvGIklCNkZGQ7XFxyXFxuLCAglCAglCAglCAglCAGym9yZGVyLXJhZGl1czogNXB4O1xcclxcbiAglCAglCA

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glCAGlGZvbnQtcl6ZTogMTZweDtcXHJcXG4glCAGlCAGlIHlcXHJcXG5cXHJcXG4glCAGlCAGlC5ibWktY29udGFpbmVyIGgylHtcXHJcXG4glCAGlCAGlCAGlCBtYXJnaW4tYm90dG9tOiAyMHB4O1xcclxcbiAglCAGlCAGlCAGlGZvbnQtcl6ZTogMzBweDtcXHJcXG4glCAGlCAGlIHlcXHJcXG5cXHJcXG4glCAGlCAGlC5yZXNlbHQtc2VjdGlviBwIHtcXHJcXG4glCAGlCAGlCAGlCBtYXJnaW4tYm90dG9tOiAxMHB4O1xcclxcbiAglCAGlCAGlVxcclxblxcclxcbiAglCAGlCAGlLnNhGN1bGF0ZS1idG4ge1xcclxcbiAglCAGlCAGlCAGlGRpc3BsYXk6IGZsZXg7XFxyXFxulCAGlCAGlCAGlCAGanVzdGlmeS1jb250ZW50OiBjZW50ZXI7XFxyXFxulCAGlCAGlCAGlCAGYWxpZ24taXRlbXM6IGNlbnRlcjtcXHJcXG4glCAGlCAGlCAGlCB3aWR0aDogOTAIO1xcclxcbiAglCAGlCAGlCAGlHBhZGRpbmc6IDEwcHg7XFxyXFxulCAGlCAGlCAGlCAGYmFja2dyb3VuZC1jb2xvcjogIzAwN0JRjtcXHJcXG4glCAGlCAGlCAGlCBjb2xvcjogI2ZmZjtcXHJcXG4glCAGlCAGlCAGlCBib3JkZXI6IG5vbU7XFxyXFxulCAGlCAGlCAGlCAGYm9yZGVyLXJhZGI1czogNXB4O1xcclxcbiAglCAGlCAGlCAGlGZvbnQtcl6ZTogMTZweDtcXHJcXG4glCAGlCAGlCAGlCBjdXJzb3I6IHVaW50ZXI7XFxyXFxulCAGlCAGlCB9XFxyXFxuXFxyXFxulCAGlCAGlCAuY2FsY3VsYXRILWJ0bjpob3ZlciB7XFxyXFxulCAGlCAGlCAGlCAGYmFja2dyb3VuZC1jb2xvcjogIzAwNTZiMztcXHJcXG4glCAGlCAGlIHlcXHJcXG5cXHJcXG4glCAGlCAGlC5yZXNlbHQtc2VjdGlviBzcGFuHtcXHJcXG4glCAGlCAGlCAGlCBmb250LXdlaWdodDogYm9sZDtcXHJcXG4glCAGlCAGlIHlcXHJcXG4glCAGPFxcL3N0eWxlPlxcclxblxcclxcbiAglCA8ZGI2IGNsYNzPVxcXCjibWktY29udGFpbmVyXFxclj5cXHJcXG4glCAGlCAGlDxkaXYgY2xhc3M9XFxclmlucHV0LXNIY3Rpb25cXFwiPlxcclxcbiAglCAGlCAGlCAGlDxoMj5JbnRyb2R1IGRhVGvsZTxcXC9oMj5cXHJcXG4glCAGlCAGlCAGlCA8bGFIZWwgZm9yPVxcXCjJhZ2VcXFwiPIZcXHUwMGUycnN0YSAoYW5pKTo8XFwvbGFIZWw+XFxyXFxulCAGlCAGlCAGlCAGPGlucHV0IHR5cGU9XFxclm51bWJlclxcXCIGA9XFxclmFnZVxcXCIGbWluPVxcXCIXXFxcliBtYXg9XFxcljEYMFxcXCIGcGxhY2Vob2xkZXI9XFxcllxcXCI+XFxyXFxuXFxyXFxulCAGlCAGlCAGlCAGPGxhYmVsIGZvcj1cXFwiZ2VuZGVyXFxclj5TZXg6PFxcL2xhYmVsPlxcclxcbiAglCAGlCAGlCAGlDxzZWxlY3QgaWQ9XFxclmdlbnRlcxcXCI+XFxyXFxulCAGlCAGlCAGlCAGlCAGlDxvcHRpb24gdmdFsdWU9XFxclm1hbGVcXFwiPkjcXHUwMTAzcmJhdDxcXC9vcHRpb24+XFxyXFxulCAGlCAGlCAGlCAGlDxvcHRpb24gdmdFsdWU9XFxclmZlbfWFsZVxcXCI+RmVtZWllPFxcL29wdGlviBj5cXHJcXG4glCAGlCAGlCAGlCA8XFwvc2VsZWN0PlxcclxblxcclxcbiAglCAGlCAGlCAGlDxsYWJlCBmb3I9XFxclmhlaWdodFxcXCI+XFx1MDBjZW5cXHUwMTAzbfXcdTAyMWJpbWUGKNtKTo8XFwvbGFIZWw+XFxyXFxulCAGlCAGlCAGlCAGPGlucHV0IHR5cGU9XFxclm51bWJlclxcXCIGA9XFxclmhlaWdodFxcXCIGbWluPVxcXCII MFxcXCIGbWF4PVxcXClyNTBcXFwiIHBSYWNlaG9sZGVyPVxcXCjJhZ2VcXFwiPlxcclxblxcclxcbiAglCAGlCAGlCAGlDxsYWJlCBmb3I9XFxclndlaWdodFxcXCI+R3JldXRhdGUgKGtnKTo8XFwvbGFIZWw+XFxyXFxulCAGlCAGlCAGlCAGPGlucHV0IHR5cGU9XFxclm51bWJlclxcXCIGA9XFxclnclawWdodFxcXCIGbWluPVxcXClyMFxcXCIGbWF4PVxcXCIZMDBcXFwiIHBSYWNlaG9sZGVyPVxcXCjJhZ2VcXFwiPlxcclxblxcclxcbiAglCAGlCAGlCAGlDxkaXYgY2xhc3M9XFxclmNhGN1bGF0ZS1idG5cXFwiIG9uY2xpY2s9XFxclmNhGN1bGF0ZUJNSSgpXFxclj5DYWxjdWxIYXpcXHUwMTAzIEINQzxcXC9kaXY+XFxyXFxulCAGlCAGlCA8XFwvZGI2PlxcclxblxcclxcbiAglCAGlCAGlPGRpdjBjbGFzc2lcXFwicmVzdWx0LXNIY3Rpb25cXFwiPlxcclxcbiAglCAGlCAGlCAGlDxoMj5SZXp1bHRhdDxcXC9oMj5cXHJcXG4glCAGlCAGlCAGlCA8cD5JTUMtdWwgdFxcdTAXMDN1OjxzcgFuGlkPVxcXCjibWktcmVzdWx0XFxclj4tLTxcXC9zcGFuPjxcXC9wPlxcclxcbiAglCAGlCAGlCAGlDxwPk5pdmVsOiA8c3BhbiBpZD1cXFwiYm1pLWxldmVsXFxclj4tLTxcXC9zcGFuPjxcXC9wPlxcclxcbiAglCAGlCAGlCAGlDxwPkRpYXBhem9udWwgc1xcdTAXMDNuFXf1MDEwM3RvczogPHNWYW4gaWQ9XFxclmhlYWx0aHktYm1pXFxclj4tLTxcXC9zcGFuPjxcXC9wPlxcclxcbiAglCAGlCAGlCAGlDxwPkdyZXV0YXRilIG9wdGltXFf1MDEwMzo8c3BhbiBpZD1cXFwiaGVbhRoeS13ZWlnaHRcXFwiPiOtPFxcL3NwYW4+PFxcL3A+XFxyXFxulCAGlCAGlCAGlCAGPHA+UmVjb21hbmRcXHUwMTAzcmk6PHNWYW4gaWQ9XFxclnJlY29tbWVuZGF0aW9uXFxclj4tLTxcXC9zcGFuPjxcXC9wPlxcclxcbiAglCAGlCAGlCAGPFxcL2Rpdj5cXHJcXG5cXHJcXG4glCAGPHNjcmIwdD5cXHJcXG4glCAGlCAGlGZ1bmN0aW9uIGNhbGN1bGF0ZUJNSSgplHtcXHJcXG4glCAGlCAGlCAGlCBjb25zdCBhZ2UgPSBWYXJzZULudChkb2N1bWVudC5nZXRfbGVtZW50QnlJCgnYWdlJykudmFsdW

[illegible]

nZVwiOntclmhhc2hcljpcllwifSxclmJvcmRlclwiOntclndpZHRoXCI6XClwcHhclixclnR5cGVcljpcInNvbGlkXCIsXCjJb2xvclwiOlwilzk5OTk5OVwiLFwicmFkaXVzXCI6XCjcln0sXCjwYWRkaW5nc1wiOntclmhvcml6b250YWxcljpcJjQwcHhclixclnZlcnRpY2FsXCI6XClzMHB4XCj9LFwiZmxleERpcmVjdGlvblwiOlwiY29sdW1uXCIsXCj0ZXh0QWxpZ25cljpcllwifX0sXCjibG9ja0NvZGVcljpcJjczOWVlXCIsXCj2aWV3QmxvY2tMZWZ0T2Zmc2V0XCI6XClyXCIsXCj2aWV3QmxvY2tXaWR0aFwiOlwiOFwiLFwiYmxvY2tQYWRkaW5nVG9wXCI6XClyLjVclixclmJsb2NrUGFkZGluZ0JvdHRvbVwiOlwiMi41XCIsXCjibG9ja0JhY2tncm91bmRDb2xvclwiOlwiXCIsXCjibG9ja0ZvcmlvbmRDb2xvclwiOlwiXCIsXCjibG9ja0xpbmtdb2xvclwiOlwiXCIsXCjibG9ja0ZvbnRcljpcllwiLFwiYmxvY2tGb250SGVhZGVyXCI6XCjclixclmJsb2NrQ3NzQ2xhc3NcljpcllwiLFwiYmxvY2tDb3ZlclwiOntclmltYWdlXCI6e1wiaGFzaFwiOlwiXCj9LFwiYmFja2dyb3VuZFR5cGVcljpcInNjcm9sbFwiLFwiaGVpZ2h0XCI6XClxMDB2aFwiLFwidmlkZW9clj7XCjzcmNfdmlkZW9fbGlua1wiOlwiXCIsXCjhdXRvcGxheVwiOlwiMFwiLFwidmltZW9faGFzaFwiOlwiXCj9LFwiYmFja2dyb3VuZE9wYWNpdHITdGFydFwiOlwiMC4zXCIsXCjiYWNrZ3JvdW5kT3BhY2I0eUZpbmlzaFwiOlwiMC42XCj9LFwiYm94XCI6e1wiYmdjb2xvclwiOlwi0YwRjBGMFwiLFwiY29sb3JcljpcllwiLFwiYmdpbWFnZVwiOntclmhhc2hcljpcllwifSxclmJvcmRlclwiOntclndpZHRoXCI6XClwcHhclixclnR5cGVcljpcInNvbGlkXCIsXCjJb2xvclwiOlwilzk5OTk5OVwiLFwicmFkaXVzXCI6XCjcln0sXCjwYWRkaW5nc1wiOntclmhvcml6b250YWxcljpcJjQwcHhclixclnZlcnRpY2FsXCI6XClzMHB4XCj9fSxclmlzTW9kYWxclj7XCjwb3B1cFR5cGVcljpcInBvcHVwXCIsXCjtb2RhbFdpZHRoXCI6XCjclixclm1vZGFsQ2xhc3NcljpcllwifSxclmJsb2NrQ2xpY2tBY3Rpb25clj7XCj0eXBIXCI6XCjclixclmxpbmtdcljpcllwiLFwiamF2YXNjcmlwdFwiOlwiXCIsXCjmb3JtVHlwZVwiOlwic3Vic2NyaWJlXCIsXCjwb3NpdGlvblwiOntclm9mZmVyX2lkXCI6XCjcln0sXCjmb3JtVGloYGVcljpcllwiLFwiZm9ybUJ1dHRvblRpdGxIXCI6XCjclixclmZvcml1CbG9ja0NvZGVcljpcllwiLFwibW9kYWxCbG9ja0NvZGVcljpcllwifSxclmJsb2NrRmxleFwiOntclmJhc2lzMCI6XCjclixclnNocmlua1wiOlwiXCIsXCjncm93XCI6XCjcln19liwiY3NzljpuclwixsfQ==

# HTML

```
<style>
.confirm-rules-checkbox {
  display: none;
}

.bmi-container {
  display: flex;
  flex-direction: row;
  background-color: #fff;
  padding: 20px;
  border-radius: 10px;
  box-shadow: 0px 4px 10px rgba(0, 0, 0, 0.1);
  max-width: 800px;
  width: 100%;
}

.input-section,
```

```
.result-section {  
  flex: 1;  
  padding: 20px;  
}
```

```
.input-section {  
  border-right: 1px solid #ddd;  
}
```

```
label {  
  display: block;  
  margin-bottom: 10px;  
  font-weight: bold;  
}
```

```
input,  
select {  
  width: 90%;  
  padding: 10px;  
  margin-bottom: 15px;  
  border: 1px solid #ddd;  
  border-radius: 5px;  
  font-size: 16px;  
}
```

```
.bmi-container h2 {  
  margin-bottom: 20px;  
  font-size: 30px;  
}
```

```
.result-section p {  
  margin-bottom: 10px;  
}
```

```
.calculate-btn {  
  display: flex;  
  justify-content: center;  
  align-items: center;  
  width: 90%;  
  padding: 10px;
```

```
background-color: #007BFF;
color: #fff;
border: none;
border-radius: 5px;
font-size: 16px;
cursor: pointer;
}
```

```
.calculate-btn:hover {
  background-color: #0056b3;
}
```

```
.result-section span {
  font-weight: bold;
}
```

</style>

```
<div class="bmi-container">
  <div class="input-section">
    <h2>Introdu datele</h2>
    <label for="age">Vârsta (ani):</label>
    <input type="number" id="age" min="1" max="120" placeholder="">

    <label for="gender">Sex:</label>
    <select id="gender">
      <option value="male">Bărbat</option>
      <option value="female">Femeie</option>
    </select>

    <label for="height">Înălțime (cm):</label>
    <input type="number" id="height" min="50" max="250" placeholder="">

    <label for="weight">Greutate (kg):</label>
    <input type="number" id="weight" min="20" max="300" placeholder="">

    <div class="calculate-btn" onclick="calculateBMI()">Calculează IMC</div>
  </div>

  <div class="result-section">
    <h2>Rezultat</h2>
```

```
<p>IMC-ul tău:<span id="bmi-result">--</span></p>
<p>Nivel: <span id="bmi-level">--</span></p>
<p>Diapazonul sănătos: <span id="healthy-bmi">--</span></p>
<p>Greutate optimă:<span id="healthy-weight">--</span></p>
<p>Recomandări:<span id="recommendation">--</span></p>
</div>
</div>
```

```
<script>
```

```
function calculateBMI() {
    const age = parseInt(document.getElementById('age').value, 10);
    const gender = document.getElementById('gender').value;
    const height = parseFloat(document.getElementById('height').value);
    const weight = parseFloat(document.getElementById('weight').value);

    if (isNaN(age) || isNaN(height) || isNaN(weight)) {
        alert("Vă rugăm să completați toate câmpurile.");
        return;
    }

    const heightMeters = height / 100;
    const bmi = (weight / (heightMeters * heightMeters)).toFixed(2);

    let level;
    if (bmi < 18.5) {
        level = 'Subponderali';
    } else if (bmi >= 18.5 && bmi < 25) {
        level = 'Standard';
    } else if (bmi >= 25 && bmi < 30) {
        level = 'Excesul de greutate';
    } else {
        level = 'Grăsime';
    }

    const healthyBmiMin = 18.5;
    const healthyBmiMax = 24.9;
    const healthyWeightMin = (healthyBmiMin * heightMeters * heightMeters).toFixed(1);
    const healthyWeightMax = (healthyBmiMax * heightMeters * heightMeters).toFixed(1);

    let recommendation = '';
```

```
if (weight < healthyWeightMin) {
    recommendation = `Trebuie să câștigi ${healthyWeightMin - weight}.toFixed(1)} kg pentru a atinge
norma.`;
} else if (weight > healthyWeightMax) {
    recommendation =
        `Trebuie să slăbești ${weight - healthyWeightMax}.toFixed(1)} kg pentru a atinge norma.`;
} else {
    recommendation = 'Greutatea dvs. este în limitele normale.';
}

document.getElementById('bmi-result').textContent = bmi;
document.getElementById('bmi-level').textContent = level;
document.getElementById('healthy-bmi').textContent = `${healthyBmiMin} - ${healthyBmiMax}`;
document.getElementById('healthy-weight').textContent = `${healthyWeightMin} kg -
${healthyWeightMax} kg`;
document.getElementById('recommendation').textContent = recommendation;
}
</script>
```

---

Revision #7

Created 18 February 2025 20:36:57 by David

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