

**IBMR is a set of healthy self
management app
Operational Guidelines**

kutech

KUO YUE TECHNOLOGY CO.,LTD.

www.kutech.com.tw

IBMR Function

IBMR is a set of healthy self management apps for basal metabolic rate. The basal metabolic rate (BMR) and calorie calculator is a excellent tool for working out how many calories your body needs on a daily basis depending on the amount and intensity of your exercise regime.

KUO YUE always persists in giving consideration to both technology innovation and quality. The software can have inexhaustible innovation and creation; therefore, it's enchanting. The recent technology develops in order to meet the user's needs. The renovation of the consumer software is one good example.

Link :

- [Google App](#)

Features :

- System develop based on android 4.1 or later.
- Easy-to-use.
- The basal metabolic rate formula takes several variables like height, weight, age and gender to calculate your calorie needs as if you did not do any exercise.



Home

Calculat

Sexy: Female Male

Unit: Imperial Metric

Your Height:

Your Weight:

Age:

Choose your activity level

- I am sedentary (little or no exercise)
 - I am lightly activity (light exercise or sports 1~3 days week)
 - I am moderately activity (morerate exercise or sport 3~5 days a week)
 - I am very activity (hard exercise or sports 6~7 days a week)
 - I am extremely activity (hard daily exercise or sports and physical)
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