

**iBMR361 is a set of healthy self
management apps
Operational Guidelines**

kutech

KUO YUE TECHNOLOGY CO.,LTD.

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iBMR361 Function v1.2.1.8

iBMR361 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.


iTunes Link :

- [v1.2.1.8](#)


Features :

- System develop based on iOS 7.0 or later.
- Great user-interface
- Ideal weight
- 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.

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iPad 上午9:55 100% 

BMR Services [Calculate](#)

Basic Metabolic Rate - 

Calories Per Day -

Ideal Weight -

Sex Female Male

Unit Imperial Metric

Your Height

Your Weight

Age

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)



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BMR Services [Calculate](#)

Basic Metabolic Rate 1359.10

Calories Per Day 2107

Ideal Weight 203 - 274 (lbs)

Sex Female Male

Unit Imperial Metric

Your Height

Your Weight

Age

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