

REVISION GUIDE

BMI, BMR, and Baseline Metrics Guide

A more substantial printable guide to BMI, BMR, ideal body weight, and related baseline metrics, written with careful assumptions and practical interpretation notes.

QUICK OVERVIEW

Category: health fitness

Includes 1 related guide page.

Links back to 3 calculator tools.

FORMULA HIGHLIGHTS

BMI

$$\text{BMI} = \text{weight} / \text{height}^2$$

WHAT THIS PACK COVERS

- BMI, BMR, and baseline metric formulas in one place.
- Short reminders for what each result does and does not tell you.
- Worked interpretation notes for planning use rather than diagnosis.

CORE FORMULAS

- $\text{BMI} = \text{weight} / \text{height}^2$
- Mifflin-St Jeor BMR formulas use weight, height, age, and sex-based coefficients
- Ideal body weight methods vary by formula and should be treated as references, not absolute truths

INTERPRETATION REMINDERS

- BMI is a screening-style ratio, not a direct body-composition measurement.
- BMR is a resting-energy estimate, not a complete daily intake plan.
- Baseline formulas are useful for comparison and planning, not for diagnosis.
- Context, goals, and individual variation still matter.

WORKED EXAMPLE THEMES

- Reading BMI and BMR together rather than expecting either to tell the whole story.
- Comparing formula-based reference values without treating them as personal verdicts.
- Using the outputs as planning inputs for hydration, macros, or training tools.

BEST OFFLINE USE

Keep this guide nearby for revision, self-checking, or coaching-style planning discussions where formula assumptions need to stay visible.