

Army Body Fat % Calculator for iPhone User Guide

Cellica Corporation
<http://www.cellica.com/>

CONTENTS

**US ARMY BODY FAT % CALCULATOR FOR
IPHONE USER GUIDE.....1**

INTRODUCTION.....3

HOW TO USE3

SAVE MEASUREMENTS.....5

LOADING BODY MEASUREMENTS:5

PREFERENCES:7

CONTACT US8

Introduction

Calculate BF % with regulations mentioned by US Army. Notifies your Overweight status and amount of BF to reduce (registered version only). Save/Load measurements for future reference. This application calculates Body Fat % according to **Army Regulation 600–9 and AR-40-501** document.

Features:

US Army BFC Provides lots of functionality.

- Body Fat Percentage calculation.
- Load and Save Calculations.
- Maintain your body measurements.
- Know your status: Overweight or OK.
- Know how much body fat you need to reduce.
- set the calculator to calculate Body Fat % according to 3 different documents from US Army as well as YMCA.

How to use

1. Calculating Body Fat %



When you click on **Army Body Fat Calculator** icon on iPhone, you will get following screen. Default Form is for Men.

Army Body Fat Calculator

Age:

Abdomen:

Neck:

Weight:

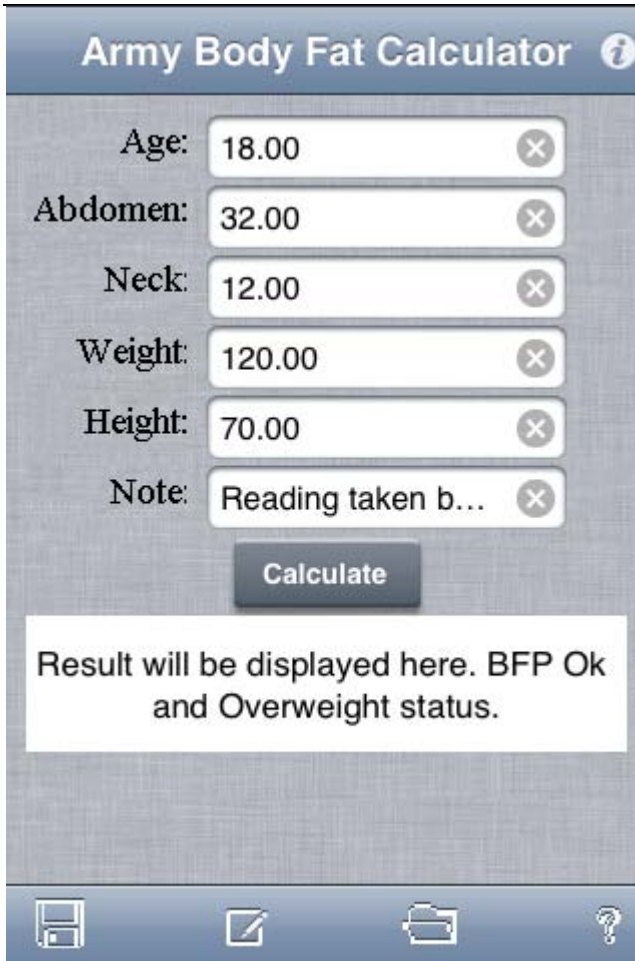
Height:

Note:

Calculate

Result will be displayed here. BFP Ok and Overweight status.



Army Body Fat Calculator ⓘ

Age: 18.00 ×

Abdomen: 32.00 ×

Neck: 12.00 ×

Weight: 120.00 ×

Height: 70.00 ×

Note: Reading taken b... ×

Calculate

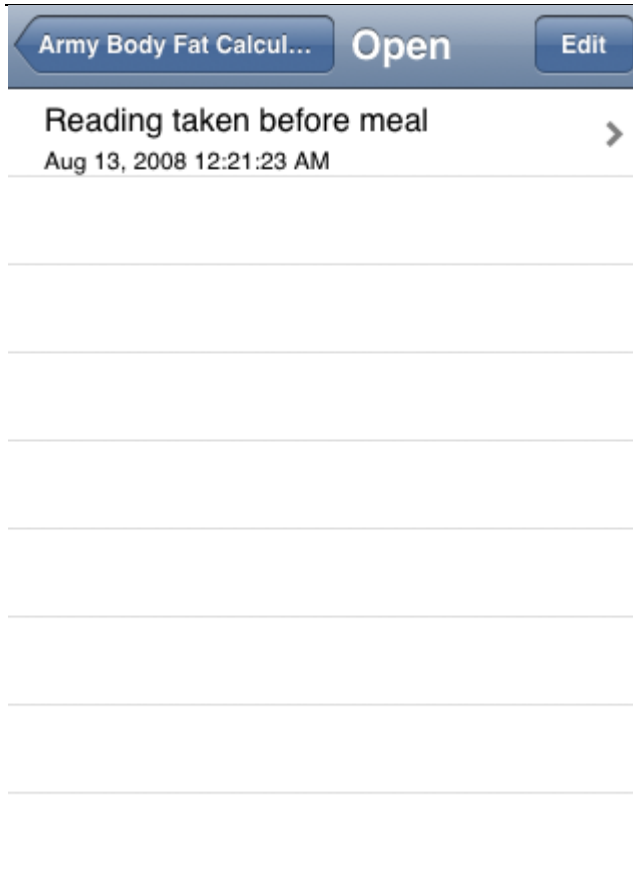
Result will be displayed here. BFP Ok and Overweight status.

Save Measurements

Use “Save” icon on above screen to save your readings for future reference. Your readings will be saved with current Date and Time and Note you entered.

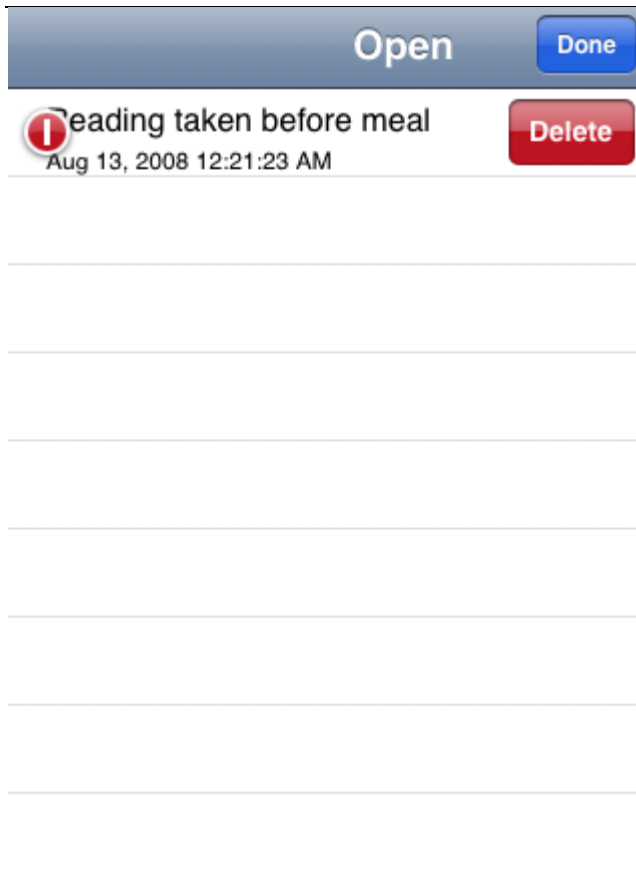
Loading Body Measurements:

To view your stored Body Measurements, Tap on **Open** icon. You will get the following screen. Just Tap on the reading which you want to view.




Delete Saved Measurements:

Use **Edit** button on Open screen to delete particular entry of Measurements.



Preferences:

Use  icon on home screen to set preferences. You can set the various preferences such as Male/Female, Inch/Cm, Lbs/Kg. Set the calculator to calculate Body Fat % according to 3 different documents from US Army as well as YMCA.



Contact us

You can refer to following email address to contact us:

- Product support
support@cellica.com