

Fat Calculator Software

The Fat Calculator Software designed for estimation of body fat percent for researchers, students, clinicians and home applications. This software helping you to learn how to use skinfold calipers and the procedure. First, select the method and sex of your subject then fill the active parameters. By click on Calculate button you will see the results and if you want to save data, click on "Save Data Record" button to save the data (in the Data.DBF on the Data directory). Later you can open this file with Microsoft Excel or SPSS, etc. as text file (semicolon delimited file) If you want to use this software for research, it is very suitable for large community research by enter to Users section and define users, then add selected user and calculate the fat percentage.

This software provided facilities to show selected data in chart and capture picture or print the chart.

In the anthropometry section, you will be able to save the anthropometric data (up to 10 variables). These data will be saved in separate database (Anthro.dbf). Both database can be viewed by SPSS and Excel.

If you are using this software for the first time, copy the Fat Calculator directory in your Hard Drive or flash drive, then run the program.