



A2019 – BMR (Basal Metabolic Rate) Calculator

Readme

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1. Introduction

This document contains all essential information for the user to make full use of this [A2019 – BMR \(Basal Metabolic Rate\) Calculator](#). It includes a description of the functions and capabilities and step-by-step procedures for setup & configuration of the [A2019 – BMR \(Basal Metabolic Rate\) Calculator](#).

1.1 Overview

This Automation will take an information from the user for his/her height, Weight & Age and based on the input the automation will calculate the BMR Index of the user and give some related information.

1.2 Use cases

The key use cases include:

A person burns calories continually throughout the day to sustain basic life functions, such as breathing, circulation, and digestion. Basal metabolic rate is an estimate of the minimum number of calories a person needs each day to maintain these functions at a resting state.

Basal metabolic rate (BMR) estimates the minimum number of calories a person needs to burn to sustain their basic life functions during a 24-hour period of rest. Examples of such functions include:

- Breathing
- Circulation
- digestion and absorption of nutrients
- cellular processes

The BMR estimates the minimum number of calories a person needs each day to sustain their basic life functions should they rest for the entire 24 hours of a day. However, to get an accurate estimate, a person must undergo monitoring in a clinical setting under tightly controlled conditions. These include:

- fasting for 12 hours before the test
- sleeping for 8 hours prior to testing upon waking
- undergoing monitoring in a darkened, temperature-controlled room
- testing in a reclined position

Why might you want to know your BMR?

Your BMR can be used to help you gain, lose, or maintain your weight. By knowing how many calories you burn, you can know how many to consume. To put it simply:

- Is your goal to maintain your weight? Consume the same number of calories that you burn.
- Is your goal to gain weight? Consume more calories than you burn.
- Is your goal to lose weight? Consume fewer calories than you burn.

You can calculate your BMR using this calculator and Limits yourself and maintain your health...!!!

2. Requirements & Prerequisites

2.1 System Requirements

[Enterprise A2019 \(Cloud deployed\) and Community Edition device requirements.](#)

Review the machine hardware specifications, operating system versions, and browser types supported by Automation Anywhere Enterprise for creating and running bots and command packages as an Enterprise A2019 (Cloud deployed) or Community Edition user on your local machine.

2.2 Prerequisites

User should have a **A2019** installed to take a benefit of this automation.

3. Getting Started

3.1 Quick Start

3.1.1 Configuration and Use

- Download the Bot from the Bot-store.
- Check the downloaded bot in your local machine private/Public section.
- Once Bot is downloaded you are good to go for a run.

- For Configuring the Bot –

INPUT VARIABLES: Input Variables to be mentioned in this Table				
Variable Name	Type	Mandatory	Purpose	Example Input
N/A	N/A	N/A	N/A	N/A

4. Support & FAQs

4.1 Support

Free bots are not officially supported. You can get access to Community Support through the following channels:

- You can get access to Community Support, connecting with other Automation Anywhere customers and developers on [APeople](#) – the [Bot Building Forum](#), the [Bot Store Support Forum](#), or the [Developers Everywhere Group](#).
- Automation Anywhere also provides a [Product Documentation portal](#) which can be accessed for more information about our products and guidance on [Enterprise A2019](#).

4.2 FAQs

For questions relating to Enterprise A2019: See the [Enterprise A2019 FAQs](#).

Appendix A: Record of Changes

No.	Version Number	Date of Change	Author	Notes
1.	<i>1.0</i>	<i>03-02-2021</i>	<i>Manav Parmar</i>	<i>N/A</i>

Appendix B: References

No.	Topic	Reference Link
1	Overview of Enterprise A2019	Click here
2	Guidance: Building basic A2019 bots	Click here
3	Guidance: Building A2019 action packages	Click here
4	APeople Community Forum	Click here
5	Automation Anywhere University	Click here