1. Determination of sample size
2. Interview schedule to elicit information on the Body Mass Index pattern of adults in Kochi corporation
3. Questionnaire to elicit information on the correlates of Body Mass Index and body composition of the adults in Kochi corporation
4. Sum of skinfolds and equivalent body fat per cent
5. Linear regression equations (Durnin and Womersley, 1974) for body density
6. Check list to evaluate the new nutrition software Calebor
7. Z-value for ratios on correlates of body mass index
8. Student’s t - test analysis for software evaluation
9. Energy cost of activities
10. Calebor CD and user’s manual