Executive Summary:

This program will calculate the BMI and BMR based on the weight, height, age, and gender inputted by the user. Along with showing the user their BMI and BMR, the amount of daily calorie intake in move to the next or previous BMI category. The user can input either U.S. customary or metric units for their weight and height; however, the result will still be in metrics. In the recent patch, the program has been rewritten into menu-based so that the user can continue to input more measurements and further addition can be made. As of now, definition of BMI and BMR has been implemented as an option.

Design Specification:

Majority of the previous code is rewritten as a class, which handles the height, weight, age, and gender to calculate the BMI and BMR and store it within itself. BMR and BMI is printed afterwards. Based on the BMI, the amount of calories increase or decrease that is needed to move up or down the category is calculated and printed. The menu is implemented into main, which looped infinitely unless ‘Q’ is inputted, breaking the loop. If ‘I’ is called, main calls a function that prints the definition of BMI and BMR. If ‘C’ is called, main will prompt for inputs to be implemented into the class and then prints the results of the class. If an unknown command is inputted, main will prompt for an another input.