

Python



Python Programming

Welcome to My Programm..

**Final Project-2

Personalize Fitness & HealthTracker..

*Main Menu:

Main choice:1

Inner Choice:1

```
| Welcome To Personalized Fitness And HEalth Tracker |
```

```
|
```

```
* Main Menu:-
```

```
1. Workout & Fitness Tracker
```

```
2. Search Data using RegEx (Reg-Ex)
```

```
3. Scrape Health Tips From Website (Scrape-Data)
```

```
4. Do health Inquiry Using Form Fill (Web-automation)
```

```
5. Exit
```

```
Enter Your choice:1
```

```
* Chose An Option:-
```

```
1. Add Workout data
```

```
2. View Workouts
```

```
3. Get Total Calories burned
```

```
4. Back To Main Menu
```

```
Enter Your Choise:1
```

```
Enter your name:John
```

```
Enter date (DD-MM-YYYY) :20-02-2024
```

```
Enter Workout-type (cycling,running...):running
```

```
Enter Duration in minute:20
```

```
Enter burned calarious:300
```

```
Do you want to Add data (yes or no.):yes
```

```
Enter date (DD-MM-YYYY) :21-02-2025
```

```
Enter Workout-type (cycling,running...):climbing
```

```
Enter Duration in minute:30
```

```
Enter burned calarious:500
```

```
Do you want to Add data (yes or no.):no
```

```
Program Will continue...
```



Inner choice:2

For display The details of person taken from user...

```
Enter Your Choise:2
```

```
Id: 101
```

```
Name: John
```

```
----->
```

Date	Workout	Duration	Calories
20-02-2024	running	20 mins	300 calories
21-02-2025	climbing	30 mins	500 calories

Display Details



Inner choice:3

Using the Person Id Show burned Calories And Total Calories...

```
Enter Your Choise:3
-----
Id: 101 --> Name: John
-----
Enter Id to calculate burned calories:101
.....
Id: 101 --> Name: John
  * Burned Calories:-
    300
    500
.....
Total Burned calories: 800
.....
```



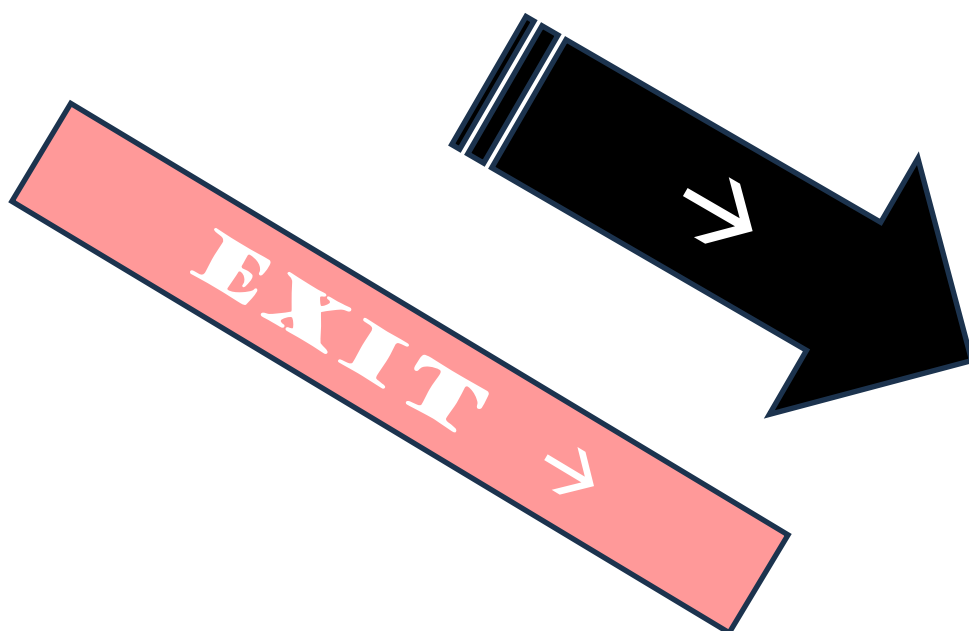
Inner choice:4

Exit from The main Choice:1

```
* Chose An Option:-
1. Add Workout data
2. View Workouts
3. Get Total Calories burned
4. Back To Main Menu

Enter Your Choise:4

Continue To Main Programm...
```



SHOW DATE WISE CALORIES FROM DATA FILE

(REG EX)



Main choice:2

- Show All Burned Calories using the date
Date search using Python RegEx..
- Print Burned calories with the name and total calories find from data file
and show all data...

```
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```

```
Enter Your choice:2
```

```
Enter Date to Search Data: 20-02-2024
```

```
Calories burned on20-02-2024:
```

```
John:300 calories
```

```
Total Calories burned on 20-02-2024:300 calories
```

no	Title	Description	Web link	Image link
1	Title	Description	Link	Link
2	Title	Description	Link	Link
n...	Title	Description	Link	Link

Main choice:3

Scrape data From The Health Websit And Find The data like title,description,Weblink and image link from websie...

Web Scrapping

```
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```
Running...
```

```
link:-https://www.health.harvard.edu/category/staying-healthy
```

```
Find All Title Name:-
```

```
Nutrition
```

```
Staying Healthy
```

```
Exercise & Fitness
```

```
Nutrition
```

```
Staying Healthy
```

```
Exercise & Fitness
```

```
Nutrition
```


Health Care Website.

TAKE TITLE
DESCRIPTION WITH
IMAGE LINK..

Find All Image Links From Website



```
-----  
Find All Title Description:-  
-----
```

```
Chickpeas: Easy ways to eat more of this nutritious legume  
Do products that claim to stop snoring actually work?  
Chair yoga: Benefits of a mind-body practice without the risk of falling  
Low-carb foods: Nutritious choices for creating a sustainable diet that's lower in carbohydrates  
Walking the right way improves your balance  
Pilates: A good option for older adults?  
Calcium-rich foods: How to boost your intake of this important mineral  
Fitness face-off  
How your dentist could save your life  
Try this: The "old man" test  
Weighing protein powders  
Cold comfort
```

```
-----  
Find All Title Links:-  
-----
```

```
https://www.health.harvard.edu/nutrition/chickpeas-easy-ways-to-eat-more-of-this-nutritious-legume  
https://www.health.harvard.edu/staying-healthy/do-products-that-claim-to-stop-snoring-actually-wor  
https://www.health.harvard.edu/exercise-and-fitness/chair-yoga-benefits-of-a-mind-body-practice-wi  
https://www.health.harvard.edu/nutrition/low-carb-foods-nutritious-choices-for-creating-a-sustaina  
https://www.health.harvard.edu/staying-healthy/walking-the-right-way-improves-your-balance  
https://www.health.harvard.edu/exercise-and-fitness/pilates-a-good-option-for-older-adults
```

```
-----  
Find All Images:-  
-----
```

```
https://domf5oio6qrqr.cloudfront.net/medialibrary/16348/conversions/gettyimages-973958188-thumb.jpg  
https://domf5oio6qrqr.cloudfront.net/medialibrary/16347/conversions/gettyimages-2161037380-thumb.jpg  
https://domf5oio6qrqr.cloudfront.net/medialibrary/16341/conversions/gettyimages-1314539036-thumb.jpg  
https://domf5oio6qrqr.cloudfront.net/medialibrary/16339/conversions/gettyimages-1516943190-thumb.jpg  
https://domf5oio6qrqr.cloudfront.net/medialibrary/14277/conversions/346af349-a169-40f9-b94d-8720a14c0496-thumb.jpg  
https://domf5oio6qrqr.cloudfront.net/medialibrary/16326/conversions/gettyimages-1256523737-thumb.jpg  
https://domf5oio6qrqr.cloudfront.net/medialibrary/16311/conversions/gettyimages-1187993811-thumb.jpg  
https://domf5oio6qrqr.cloudfront.net/medialibrary/16089/conversions/p3-exercise-wl0224-gi1158622742-thumb.jpg  
https://domf5oio6qrqr.cloudfront.net/medialibrary/16092/conversions/p1-dentist-wl0224-gi1512069065-thumb.jpg  
https://domf5oio6qrqr.cloudfront.net/medialibrary/16096/conversions/p7-oldmantest-m10225-gi2030449454-thumb.jpg  
https://domf5oio6qrqr.cloudfront.net/medialibrary/16099/conversions/p4-proteinpowder-m10225-gi1015345458-thumb.jpg  
https://domf5oio6qrqr.cloudfront.net/medialibrary/16102/conversions/p1-skier-m10225-gi1386353441-thumb.jpg
```

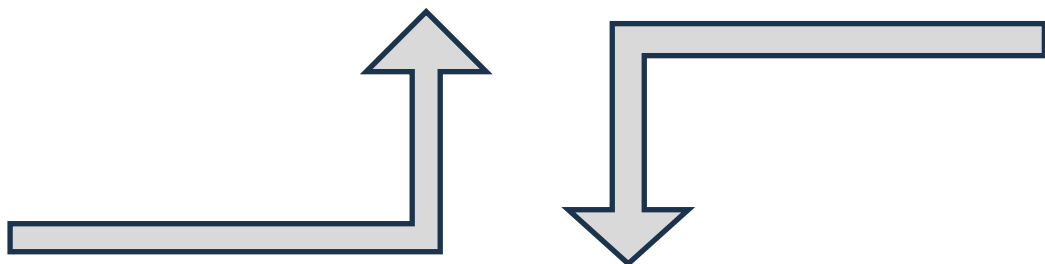
```
'data.csv' created successfully ...
```


● Web Automation.

```
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Enter Your choice:4
Enter Your First name:John
Enter Your Last name :pythonwala
Enter Your Mobile no.:12345645612
Enter Your Email:john@gmail.com
Enter street address:lal,darawaja
Enter Your city:ahmedabad
Enter Your state:gujrat
Enter Your gender:male
Enter your Birth Date (DD-MM-YYYY):12-02-2000
Enter your Hoapital Visit Date (DD-MM-YYYY):20-05-2021
Enter your problem:headache
```

Autometic Form Data Fillup





Personal Data For Health Checkup

Enter your personal details _____

Name

john

pythonwala

First Name

Last Name

Mobile Number

(123) 456-5623

E-mail

john@gmail.com

example@domain.com

Address

isldarwaja

Street Address

ahmedabad

City

gujarat

State / Province

Gender

male

Birth Date

20

-

July

-

2000

-

Day

Month

Year

Hospital Visit Date

21

02

2025

📅

Day

Month

Year

Problems

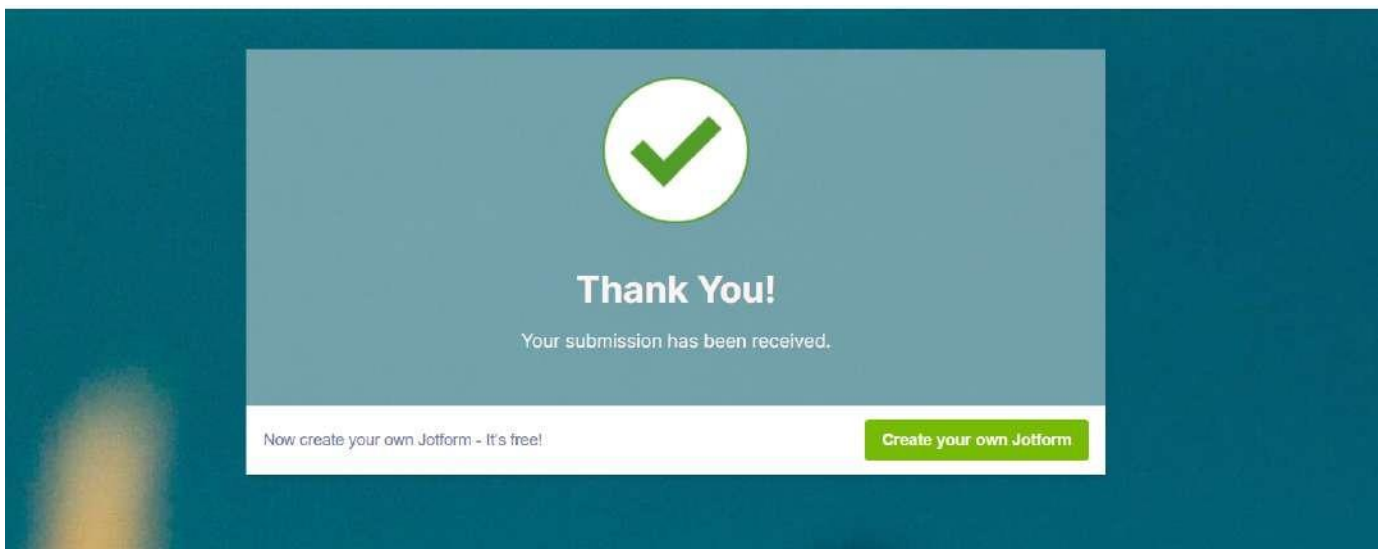
headache

Additional Information

no..

Submit

• Submit Form With Screen Shot



```
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5. Exit
```

```
=====
HEALTH CARE DATA RECIVED ...
=====
*** john,pythonwala -->
Mobile no. : 1234565623
Email Id. : john@gmail.com
Street Add.: lal,darawaja
City      : ahmedabad
State     : gujrat
Gender    : male
DOB       : 12-02-2000
Visit date : 20-02-2024
Problem   : headache
=====
Form Fill-up successfully....
```

```
| Welcome To Personalized Fitness And HEalth Tracker |
```

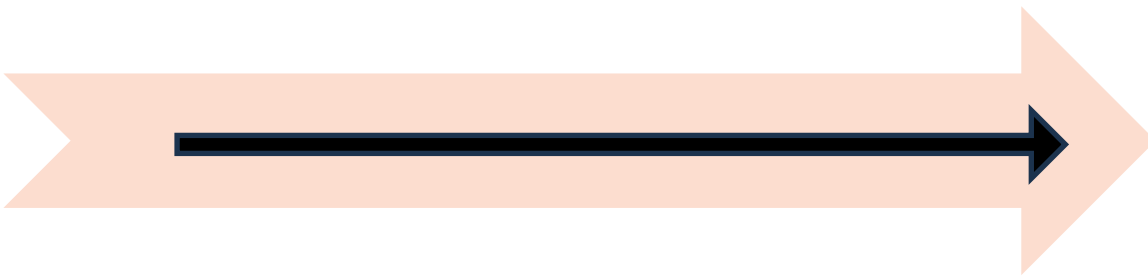
```
* Main Menu:-
```

1. Workout & Fitness Tracker
2. Search Data using RegEx (Reg-Ex)
3. Scrape Health Tips From Website (Scrape-Data)
4. Do health Inquiry Using Form Fill (Web-automation)
5. Exit

```
Enter Your choice:5
```

```
Exiting Programm....
```

• Exit



THANK YOU ...

FOR VISIT MY PROGRAMM.