**CODING**

function WeightGain = importfile(workbookFile, sheetName, dataLines)

%IMPORTFILE Import data from a spreadsheet

% WEIGHTGAIN = IMPORTFILE(FILE) reads data from the first worksheet in

% the Microsoft Excel spreadsheet file named FILE. Returns the data as

% a table.

%

% WEIGHTGAIN = IMPORTFILE(FILE, SHEET) reads from the specified

% worksheet.

%

% WEIGHTGAIN = IMPORTFILE(FILE, SHEET, DATALINES) reads from the

% specified worksheet for the specified row interval(s). Specify

% DATALINES as a positive scalar integer or a N-by-2 array of positive

% scalar integers for dis-contiguous row intervals.

%

% Example:

% WeightGain = importfile("C:\Users\Balaji\OneDrive\Desktop\Balaji Project\Final\Weight Gain.xlsx", "Sheet1", [1, Inf]);

%

% See also READTABLE.

%

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%% Input handling

% If no sheet is specified, read first sheet

if nargin == 1 || isempty(sheetName)

sheetName = 1;

end

% If row start and end points are not specified, define defaults

if nargin <= 2

dataLines = [1, Inf];

end

%% Set up the Import Options and import the data

opts = spreadsheetImportOptions("NumVariables", 8);

% Specify sheet and range

opts.Sheet = sheetName;

opts.DataRange = dataLines(1, :);

% Specify column names and types

opts.VariableNames = ["TypeOfPerson", "DietFood", "foodRatio", "foodIntakeTiming", "Months", "months", "months1"];

opts.VariableTypes = ["double", "string", "categorical", "categorical", "categorical", "string", "string", "string"];

% Specify variable properties

opts = setvaropts(opts, ["TypeOfPerson","working person","Sports Man"], "WhitespaceRule", "preserve");

opts = setvaropts(opts, ["DietFood", "foodRatio", "foodIntakeTiming", "Months", "months", "months1"], "EmptyFieldRule", "auto");

% Import the data

WeightGain = readtable(workbookFile, opts, "UseExcel", false);

for idx = 2:size(dataLines, 1)

opts.DataRange = dataLines(idx, :);

tb = readtable(workbookFile, opts, "UseExcel", false);

WeightGain = [WeightGain; tb]; %#ok<AGROW>

end

end