START

DO

PRINT input your weight in kg

INPUT WeightKg

IF WeightKg < 30 or > 250

PRINT your weight doesn’t meet the gym’s membership profile

ELSE

PRINT input your height in cm

INPUT HeightCm

IF HeightCm < 120 or >210

PRINT your height doesn’t meet the gym’s membership profile

ELSE

PRINT input your age in years

INPUT Age

IF Age < 14 or >100

PRINT your age doesn’t meet the gym’s membership profile

ELSE

PRINT what is your gender?

INPUT Gender

IF Gender = male

BMR = 88.362 + (13.397 \* WeightKg) + (4.799 \* HeightCm) - (5.677 \* Age)

PRINT your BMR is: + OUTPUT BMR

PRINT select your level of exercise using its number: 1. Little to no exercise, 2. Light exercise (1-3 days per week), 3. Moderate exercise (3-5 days per week), 4. Heavy exercise (6-7 days per week), 5. Very heavy exercise (twice per day, extra heavy workouts)

INPUT LevelOfExercise

IF LevelOFExercise = 1

DailyIntake = BMR \* 1.2

ELSE IF LevelOFExercise = 2

DailyIntake = BMR \* 1.375

ELSE IF LevelOfExercise = 3

DailyIntake = BMR \* 1.55

ELSE IF LevelOfExercise = 4

DailyIntake = BMR \* 1.725

ELSE LevelOfExercise = 5

DailyIntake = BMR \* 1.9

PRINT your required daily kilocalories intake is: + OUTPUT DailyIntake

ELSE

BMR = 447.593 + (9.247 \* WeightKg) + (3.098 \* HeightCm) - (4.330 \* Age)

PRINT your BMR is: + OUTPUT BMR

PRINT select your level of exercise using its number: 1. Little to no exercise, 2. Light exercise (1-3 days per week), 3. Moderate exercise (3-5 days per week), 4. Heavy exercise (6-7 days per week), 5. Very heavy exercise (twice per day, extra heavy workouts)

INPUT LevelOfExercise

IF LevelOFExercise = 1

DailyIntake = BMR \* 1.2

ELSE IF LevelOFExercise = 2

DailyIntake = BMR \* 1.375

ELSE IF LevelOfExercise = 3

DailyIntake = BMR \* 1.55

ELSE IF LevelOfExercise = 4

DailyIntake = BMR \* 1.725

ELSE LevelOfExercise = 5

DailyIntake = BMR \* 1.9

PRINT your required daily kilocalories intake is: + OUTPUT DailyIntake

HeightCm / 100 = HeightMeters

BMI = WeightKg / (HeightMeters \* HeightMeters)

PRINT Your BMI is: + OUTPUT BMI

IF BMI < 18.5 and > 0

BMICategory = Underweight

PRINT Your current BMI category is: + OUTPUT BMICategory

IF BMICategory = Normal weight

PRINT your target BMI category is Normal weight with a BMI of 22.

ELSE

PRINT your target BMI category is Normal weight with a BMI of 22.

IF ELSE BMI >= 18.5 and <= 24.9

BMICategory = Normal weight

PRINT Your current BMI category is: + OUTPUT BMICategory

IF BMICategory = Normal weight

PRINT your target BMI category is Normal weight with a BMI of 22.

ELSE

PRINT your target BMI category is Normal weight with a BMI of 22.

IF ELSE BMI >= 25 and <= 29.9

BMICategory = Overweight

PRINT Your current BMI category is: + OUTPUT BMICategory

IF BMICategory = Normal weight

PRINT your target BMI category is Normal weight with a BMI of 22.

ELSE

PRINT your target BMI category is Normal weight with a BMI of 22.

ELSE BMI >= 30

BMICategory = Obesity

PRINT Your current BMI category is: + OUTPUT BMICategory

IF BMICategory = Normal weight

PRINT your target BMI category is Normal weight with a BMI of 22.

ELSE

PRINT your target BMI category is Normal weight with a BMI of 22.

END