Overview of the code:

The program’s main purpose is to help people track how much they eat, and what is their BMI. It is a calorie counter which helps people understand how much food they consume and how healthy their mass is in relation to their height. BMI is a body mass index, which takes a person’s weight and height, multiplies height by height and divides it by the weight. Anything from 18.5 to 25 is considered to be a healthy BMI index. Healthy calorie intake is anything from 1800 to 2400 depending on a gender and age that number could vary. So, a program was constructed which takes inputs, and returns certain recommendations and analysis of the user input.

Run the file main.py, that is where the program should be ran, the file Class.py only contains class and functions.

Instructions:

The main class is placed in the file called Class.py, it is then imported into the main.py file where it is tested and ran. In the main.py file user will be asked for the input and show output.

The code is going to ask for the input, which will be:

Weight, height, breakfast calorie amount, lunch calorie amount, dinner calorie amount. The example of one of the tests is below:

Text

Description automatically generated

After it takes input and analyzes it, it takes the calorie amount which was received by the user and saves that number into the file called “test.txt”.