'''

workoutlist = []

while(1):

str = input("Enter: ")

i=str.split(', ')

if(i[0] > '7' or i[0] <= '0' or len(workoutlist) >= 6):

break

elif(i[0] >= '7'):

workoutlist.append(str.split(', '))

break

else:

workoutlist.append(str.split(', '))

print(workoutlist)

1, 7500, 1:02:05

2, 0, 0:00:0

3, 3500, 0:52:25

4, 4250, 0:59:35

5, 0, 0:00:00

6, 8500, 1:12:15

7, 9500, 1:15:25

1, 7500, 1:02:05

2, 8500, 1:06:12

3, 3500, 0:52:25

4, 4250, 0:59:35

5, 7800, 1:01:55

6, 8500, 1:12:15

7, 9500, 1:15:25

1, 7500, 1:02:05

2, 8500, 1:06:12

3, 3500, 0:52:25

4, 4250, 0:59:35

5, 7800, 1:01:55

6, 8500, 1:12:15

7, 9500, 1:15:25

1, 7500, 1:02:05

2, 8500, 1:06:12

3, 3500, 0:52:25

4, 4250, 0:59:35

5, 7800, 1:01:55

6, 8500, 1:12:15

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1, 7500, 1:02:05

2, 8500, 1:06:12

3, 3500, 0:52:25

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4, 4250, 0:59:35

5, 7800, 1:01:55

6, 8500, 1:12:15

7, 9500, 1:15:25

'''

day=[]; km=[]; hr=[]; speed=[]

def TimeToHr(time\_str):

# Get Seconds from time

h, m, s = time\_str.split(':')

seconds = int(h) \* 3600 + int(m) \* 60 + int(s)

return round(seconds/3600,2)

def StepToKm(steps):

km = steps/1400

return round(km,2)

def Average(lst):

return round(sum(lst) / len(lst),2)

def BMI(w,h):

bmi=weight/((height/100)\*\*2)

if(bmi<18.5):

print("Your BMI is:",round(bmi, 1),". Try to put on some weight!!")

elif(18.5<=bmi<=24.9):

print("Your BMI is:",round(bmi, 1),". You are healthy, maintain it!!")

elif(25.0<=bmi<=29.9):

print("Your BMI is:",round(bmi, 1),". You are overweight, do exercise!!")

else:

print("Your BMI is:",round(bmi, 1),". You are obese, alert!!")

def remove\_items(test\_list, item):

# remove the item for all its occurrences

global award

award=7

for i in test\_list:

if(i == item):

award=award-1

test\_list.remove(i)

return test\_list

'''

def remove\_items(test\_list, item):

# remove the item for all its occurrences

global award

global count

if(no==1):

if(duration==1):

award=7

for i in test\_list:

if(i == item):

award=award-1

test\_list.remove(i)

else:

award=28

for i in test\_list:

if(i == item):

award=award-1

test\_list.remove(i)

else:

award=no

count=0

if(duration==1):

for i in test\_list:

count=count+1

if(i == item):

count=count+1

award=award-1

test\_list.remove(i)

else:

for i in test\_list:

if(i == item):

count=count+1

award=award-1

test\_list.remove(i)

'''

name=input("Name: ")

sex=input("Sex: ")

age=int(input("Age (years): "))

weight=float(input("Weight (Kg): "))

height=float(input("Height (cms): "))

while(1):

duration=input("Please specify the duration week/month: ")

if(duration.lower()=="week"):

no=int(input("Enter the No. of Week for which you want to insert data: "))

duration=1

break

elif(duration.lower()=="month"):

no=int(input("Enter the No. of Month for which you want to insert data: "))

duration=4

break

else:

print("Please enter valid input")

for j in range(no):

for i in range(0,duration):

while(1):

str = input("")

i=str.split(', ')

if(i[0] >= '8' or i[0] <= '0'):

print("Alert! Please give day input between 1-7")

continue

elif(i[0] == '7'):

day.append(int(i[0]))

km.append(StepToKm(int(i[1])))

hr.append(TimeToHr(i[2]))

break

else:

day.append(int(i[0]))

km.append(StepToKm(int(i[1])))

hr.append(TimeToHr(i[2]))

for i in range(len(day)):

if(hr[i]==0.0):

speed.append(0)

else:

speed.append(km[i]/hr[i])

remove\_items(speed,0)

remove\_items(km,0.0)

print("Hi,",name)

BMI(weight,height)

print("Your Weekly achievement is as follows:")

if(award==7):

print("No breakout in Sessions: You get a 7/7 award")

else:

print("You have a breakout in Sessions: You get a ",award,"/7 award", sep='')

print("Your Fastest Speed is:",round(max(speed),2),"km/hr")

print("Your Longest Distance is:",max(km),"km")

print("Your Slowest Speed is:",round(min(speed),2),"km/hr")

print("Your Shortest Distance is:",min(km),"km")

print("Your Weekly Average Speed is:",Average(speed),"Km/hr")

print("Your Weekly Average Distance is:",Average(km),"Km")

'''print(count)'''

'''

else:

print("You have a breakout in Sessions: You get a ",award,"/7 award", sep='')

fastest\_speed=0

slowest\_speed=0

for i in range(len(day)):

if(fastest\_speed < km[i]/hr[i]):

fastest\_speed=km[i]/hr[i]

print("Your Fastest Speed is:","{:.2f}".format(fastest\_speed),"km/hr")

print("Day: ",day)

print("Step: ",km)

print("Time: ",hr)

work = ["1, 7500, 1:02:05",

"2, 8500, 1:06:12",

"3, 3500, 0:52:25",

"4, 4250, 0:59:35",

"5, 7800, 1:01:55",

"6, 8500, 1:12:15",

"7, 9500, 0:1:0"]

def get\_sec(time\_str):

"""Get Seconds from time."""

h, m, s = time\_str.split(':')

return int(h) \* 3600 + int(m) \* 60 + int(s)

def workout(mywork):

st = len(mywork)

s=0

for i in range(0,st):

j, k ,l = mywork[i].split(', ')

print(j)

q = steptokm(k)

if s < q:

s=q

print(get\_sec(l))

print(s)

def steptokm(kmstr):

steps = int(kmstr)

avgsteps = steps/1515

return avgsteps

workout(work)

'''