

Fitness Application

Overview

The Fitness Application is a command-line program that offers various fitness-related features, including weightlifting sets and rep's planner, calorie calculator, and water intake tracker. Users can create an account, log in, and access the different functionalities based on their preferences and fitness goals.

Features

1. **Login and Sign Up:** Users can create a new account by signing up with a unique username and password. Existing users can log in using their credentials to access the application's features.
2. **Application One - Weightlifting Sets and Reps Planner:** The application allows users to input their maximum lift values for three exercises: Bench Press, Squat, and Deadlift. Based on these inputs, it generates a set and rep scheme for each exercise, gradually increasing the weight and reps as the user progresses.
3. **Application Two - Calorie Calculator:** Users can input the grams of carbohydrates, proteins, and fats consumed in a meal. The program calculates the total caloric intake for the meal and provides warnings if the total calories exceed 2000.
4. **Application Three - Water Intake Tracker:** The application helps users determine their recommended water intake per day based on their weight. Users can then track the amount of water they consume throughout the day.

How to Use

1. **Login or Sign Up:** When you run the program, you will be presented with the main menu. To access the features, you must either log in with your existing account or sign up as a new user.
2. **Application One - Weightlifting Sets and Reps Planner:** Once logged in, choose option 4 from the main menu. The application will prompt you to enter your maximum lift values for Bench Press, Squat, and Deadlift. The program will then generate a set and rep scheme for each exercise and write it to a file.
3. **Application Two - Calorie Calculator:** To use the calorie calculator, select option 5 from the main menu. Enter the number of grams of carbohydrates, proteins, and fats in your meal, and the program will calculate the total caloric intake. It will also warn you if the total calories exceed 2000.
4. **Application Three - Water Intake Tracker:** Choose option 6 from the main menu to access the water intake tracker. Enter your weight in kilograms, and the program will calculate your recommended water intake per day. You can then track your water consumption by entering the amount of water you drink.
5. **Exiting the Application:** To exit the application, choose option 3 from the main menu.

Note

- The program uses a file named "users.txt" to store user credentials. Please make sure this file exists and has the appropriate format: each line contains a username and password separated by a space.
- The program also uses a file named "max_lifts.txt" to store the maximum lift values for each exercise. If this file does not exist, the program will use default values and prompt the user to input their maximum lift values for each exercise.