

In [3]:

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import datetime
def gettime():
    return datetime.datetime.now()
def take(k):
    c=int(input("enter 1 for breakfast,2 for morning exercise,3 for lunch,4 for evening exercise,5 for snacks and 6 for dinner:\n"))
    if c==1:
        value=input("type here:")
        with open("amandeep.txt","a") as op:
            op.write(str([str(gettime())]) + ":" + "breakfast is:" + value + "\n")
            print("breakfast added successful")
    if c==2:
        value=input("type here:")
        with open("amandeep.txt","a") as op:
            op.write(str([str(gettime())]) + ":" + "exercise is:" + value + "\n")
            print("exercise added successful")
    if c==3:
        value=input("type here:")
        with open("amandeep.txt","a") as op:
            op.write(str([str(gettime())]) + ":" + "lunch is:" + value + "\n")
            print("lunch added successful")
    if c==4:
        value=input("type here:")
        with open("amandeep.txt","a") as op:
            op.write(str([str(gettime())]) + ":" + "evening exercise is:" + value + "\n")
            print("evening exercise added successful")
    if c==5:
        value=input("type here:")
        with open("amandeep.txt","a") as op:
            op.write(str([str(gettime())]) + ":" + "snacks is:" + value + "\n")
            print("snacks added successful")
    if c==6:
        value=input("type here:")
        with open("amandeep.txt","a") as op:
            op.write(str([str(gettime())]) + ":" + "dinner is:" + value + "\n")
            print("dinner added successful")
def retrieve(k):
    c=int(input("enter 1 for breakfast,2 for morning exercise,3 for lunch,4 for evening exercise,5 for snacks and 6 for dinner:\n"))
    if c==1:
        with open("amandeep.txt") as op:
            for i in op:
                print(i,end="")
    if c==2:
        with open("amandeep.txt") as op:
            for i in op:
                print(i,end="")
    if c==3:
        with open("amandeep.txt") as op:
            for i in op:
                print(i,end="")
    if c==4:
        with open("amandeep.txt") as op:
            for i in op:
                print(i,end="")
```

```
if c==5:
    with open("amandeep.txt") as op:
        for i in op:
            print(i,end="")
if c==6:
    with open("amandeep.txt") as op:
        for i in op:
            print(i,end="")

print("-----HEALTH MANAGEMENT SYSTEM-----")
k=int(input("press 1 for log data in file and 2 to retrieve data from file:\n"))
if k==1:
    take(k)
elif k==2:
    retrieve(k)
else:
    print("given input is wrong please select 1 or 2")
```

-----HEALTH MANAGEMENT SYSTEM-----

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['2020-11-05 13:35:12.653639']:breakfast is:maggie
['2020-11-05 13:46:16.048352']:exercise is:prayam
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In []: