

PIA'S REPORT

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EATING PLAN GENERATOR

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For this program I'm going to do a eating plan generator, where the user is picking what is their goal, the options will be:

- ★ Lost weight
- ★ Gain muscle
- ★ Maintain

For this first part the user will see the following print, and pick the option they want.

```
.....  
..  Attention : You must be at least 16 years old to generate a plan  ..  
..  
.. What is your goal? ..  
.. 1. Lost weight ..  
.. 2. Gain muscle ..  
.. 3. Maintain ..  
.....
```

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After the user has selected their goal, another survey will take place, this one is going to ask for the user's personal data.

- ★ Gender
- ★ Name
- ★ Age
- ★ Weight
- ★ Height.

This will look something like the following image:

```
.....  
.. Please answer the following questions honestly and as is shown ..  
.. on the example. ..  
..  
.. Example: ..  
.. 1. What is your first name? ..  
.. Your answer must be like this: ..  
.. 1. Jane ..  
..  
.. Questions: ..  
.. 1. What is your gender? (answer whith F or M) ..  
.. 1. What is your first name? ..  
.. 1. What is your weight in kg? ..  
.. 1. What is your height in mts? ..  
.. 1. How old are you? ..  
.....
```

Then the program will take these data and generate the BMI with a formula, and also is going to give the user's condition ( healthy, overweight, obese or morbidly obese).

At the end the program is going to ask the user if they would like the eating plan normal or vegetarian with another survey.

After they choose their ideal plan will appear as a pdf link that they can open on the internet.