**Report on Calorie Tracker Python Program**

This Python program is called a \*\*Calorie Tracker\*\*. It helps you keep track of how many calories you consume in a day. It also calculates your total and average calories

1. Welcome Message

It introduces the program and explains its purpose.  
Code:   
print("Welcome to your personalized daily Calorie Tracker\n\this tool will help you track your health and cut down excess calories! ")

2. Creating a List to Store Meals

The program creates an empty list called `meals` where each meal and its calories will be stored.  
meals = []

3. Asking the User How Many Meals They Want to Enter

The input is stored as an integer in variable `m`.  
  
m = int(input ("How many meals would you like to enter? "))

4. Taking Meal Details

A `for` loop runs `m` times to get information about each meal. Inside the loop:  
- The user enters the meal type (e.g., Breakfast, Lunch, etc.).  
- Then the user enters the number of calories.  
  
for i in range(m):  
 meal = input("Enter meal type: ")  
 while True:  
 try:  
 calories = int(input("Enter calories: "))  
 break  
 except ValueError:  
 print("Please enter a valid number.")  
 meals.append({  
 "Meal": meal,  
 "Calories": calories  
 })

5. Table  
The program prints all the meals and their calories in a neat table format.  
  
print("\nYour Meal and Calorie Table:\n")  
print("Meal Calories")  
print("-----------------------")  
for entry in meals:  
 print(f"{entry['Meal']:10} {entry['Calories']}")

6. Calculating Total and Average Calories   
The total calories are calculated using the `sum()` function. The average calories are found by dividing total calories by the number of meals.  
  
a = sum(entry['Calories'] for entry in meals)  
print("\nTotal Calories:", a)  
b = a / m  
print("Average:", b)

7. Feedback   
If total calories are more than 2000, the program suggests doing a workout. Otherwise, it says the user is healthy.  
  
if a > 2000:  
 print("\nNow its time for some work out!")  
else:  
 print("\nyou're pretty healthy!")

**Summary**

This program is a simple and useful tool for anyone who wants to monitor their diet. It uses loops, conditionals,   
error handling, and list of dictionaries — which are all important concepts in Python programming.