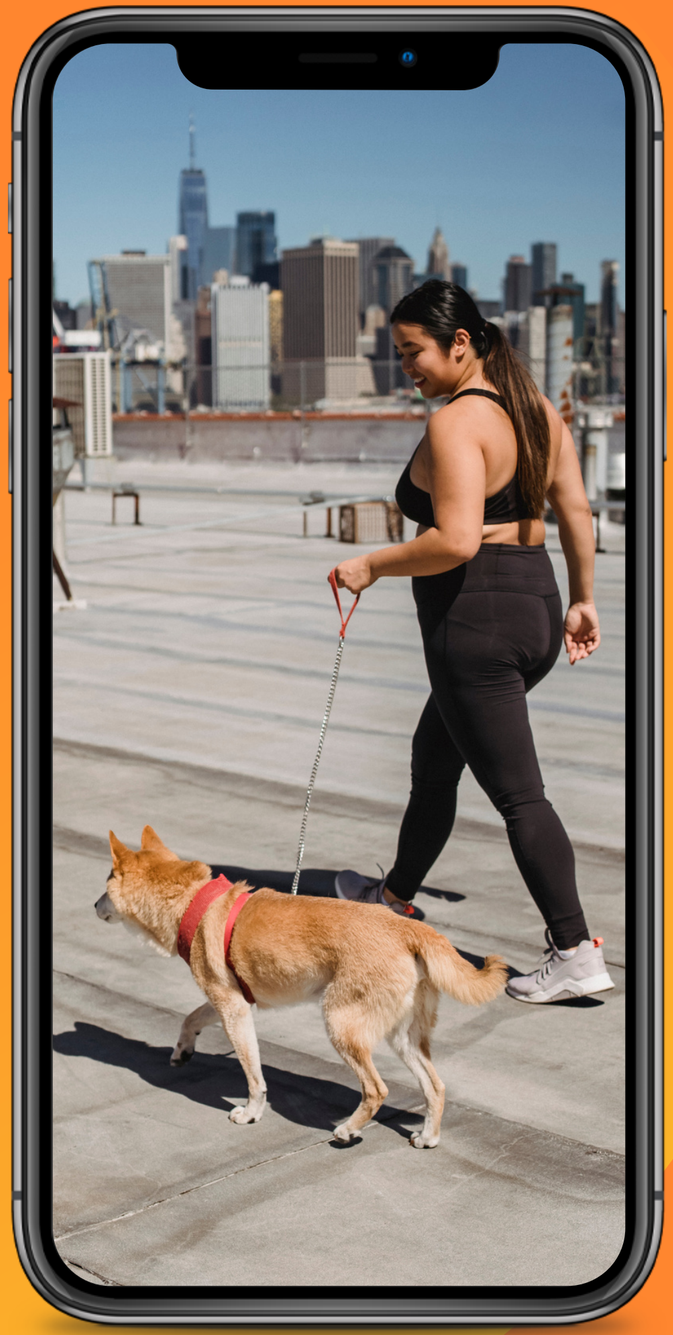
MINI PYTHON PROJECT

WAKE N WALK

Know It To Do It !



PRESENTED BY

BHAVANA KONAKALA

WHY THIS?

Well, In this busy life of ours we often forget to maintain a good health.
It is important to track our fitness activities.
Walking is one the best way to lose weight and it helps to relive stress.

WHAT IS IN CODE?

The code In this program has been written using simple mathematical formulas to calculate BMI , Time and calories , Distance to steps.

FORMULAS USED

```
time_in_hours = distance / speed
time_in_minutes = time_in_hours * 60
```

```
def calculate_calories_burned(weight, distance, time):
    """
    Calculates calories burned based on weight, distance, and time spent exercising
    """
    calories_burned = (weight * distance * 1.036) / (time / 60)
    return calories_burned
```

```
KM_TO_STEPS_FACTOR = 1312.34

# Input distance in kilometers
distance_km = float(input("Enter distance in kilometers: "))

# Convert distance to steps
distance_steps = distance_km * KM_TO_STEPS_FACTOR
```

```
weight = float(input("Enter your weight in kg: "))
height = float(input("Enter your height in meters: "))

bmi = weight / (height ** 2)

print("Your BMI is: ", round(bmi, 2))
```

Code Walk Through

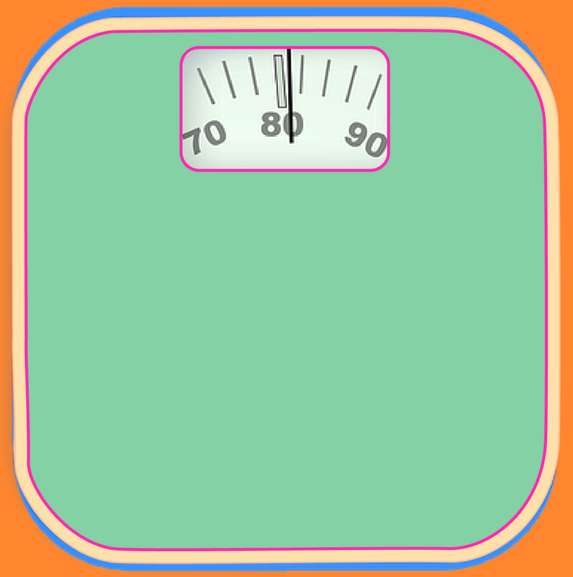
TRACK N WALK

Track n Walk function helps the user to know about the time required to walk to a particular distance by using distance and speed inputs. With given weight, it also let user know about the number of calories burnt by walking.

```
#Get inputs from the user.
    weight = float(input("Please enter your body weight in kg ⚖️ : "))
    distance = float(input("Please enter the target🎯 distance in km : "))
    speed = float(input("Please enter the walking 🚶‍♂️🚶‍♀️ speed in km/h : "))
# write formula to calculate time in hours and minutes.
# Assign the variables for time in hours and minutes.
    time_in_hours = distance / speed
    time_in_minutes = time_in_hours * 60
    print("It would take {:.2f} hours or {:.2f} minutes 🕐 to walk {:.2f} km at {:.2f} km/h.".format(time_in_hours , time_in_minutes , distance, speed))
# write formula to calculate the burned calories by using user weight,distance and time spent on walking.
    calories_burned = (weight * distance * 1.036) / (time_in_minutes / 60)
    print(f"The number of calories burnt 🔥 are : " , round(calories_burned , 2))
```

TRACK MY BMI

Track my BMI calculates the body mass index of the user by using given weight and height. It also let the user know about the BMI range and suggest diet reccomandations.



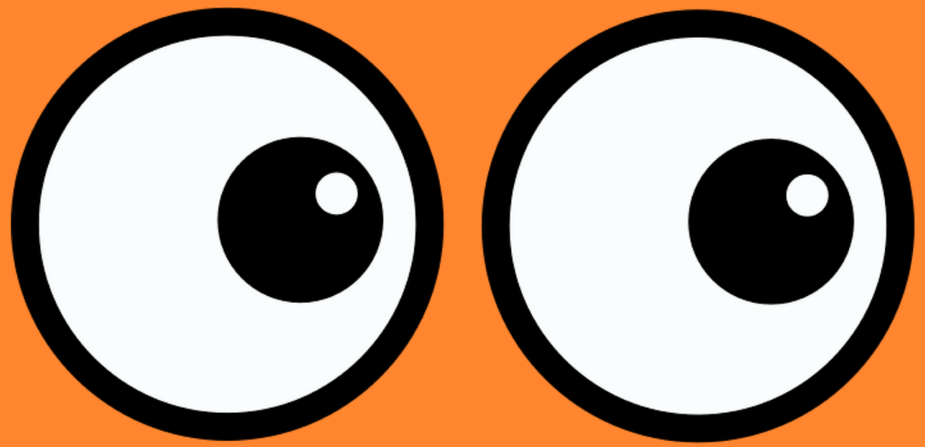

```
  weight = float(input("Please enter your body weight in kg ⚖️ : "))
  height = float(input("Please enter your height in cm 📶 : "))
Write Formula to calculate BMI by using weight and height of the user.
  bmi = (weight / height / height) * 10000
```

TRACK MY STEPS

Track my steps simply converts the given distance into steps by using mathematical formula. It helps user to track daily steps count.

```
# Conversion factor from km to steps
    KM_to_steps = 1312.34
# Input distance in kilometers
    distance_km = float(input("Enter distance in kilometers: "))
# Convert distance to steps
    distance_steps = distance_km * KM_to_steps
# Display the result
    print("It takes {:.2f} steps 👣 to complete {:.2f} distance".format(int(distance_steps) , distance_km))
```

Let's see how it works



USEFUL RESOURCES

GOOGLE

Google

CHATGPT

THANK YOU !

Keep Walking !