

SPRINT - 4

DATE	05 November 2022
Team ID	PNT2022TMID50156
Project Name	Project-Nutrition assistant application

CODE:

app.py

```
from turtle import st
from flask import Flask, render_template, request, redirect, url_for, session
from markupsafe import escape

import ibm_db
conn = ibm_db.connect("DATABASE=bludb;HOSTNAME=815fa4db-dc03-4c70-869a-a9cc13f33084.bs2io90l08kqb1od8lcg.databases.appdomain.cloud;PORT=30367;SECURITY=SSL;SSLServerCertificate=DigiCertGlobalRootCA.crt;UID=nbs99713;PWD=s5OJXqYIOlMikOIy",",")

app = Flask(__name__)

@app.route("/")
def index():
    return render_template("index.html")

@app.route("/home")
def home():
    return render_template("home.html")

@app.route("/about")
def about():
    return render_template("about.html")

@app.route("/login")
def login():
    return render_template("login.html")

@app.route("/bmi")
def bmi():
    return render_template("bmi.html")

@app.route("/user")
```

```

def user():
    return render_template("user.html")

@app.route('/addrec', methods = ['POST', 'GET'])
def addrec():
    if request.method == 'POST':

        uname = request.form['uname']
        uemail = request.form['uemail']
        upassword = request.form['upassword']
        conpassword= request.form['conpassword']

        sql = "SELECT * FROM useer WHERE name =?"
        stmt = ibm_db.prepare(conn, sql)
        ibm_db.bind_param(stmt,1,uname)
        ibm_db.execute(stmt)
        account = ibm_db.fetch_assoc(stmt)

        if account:
            return render_template('user.html', msg="You are already a member,
            please login using your details")
        else:
            insert_sql = "INSERT INTO user VALUES (?, ?, ?, ?)"
            prep_stmt = ibm_db.prepare(conn, insert_sql)
            ibm_db.bind_param(prepare_stmt, 1, uname)
            ibm_db.bind_param(prepare_stmt, 2, uemail)
            ibm_db.bind_param(prepare_stmt, 3, upassword)
            ibm_db.bind_param(prepare_stmt, 4, conpassword)
            ibm_db.execute(prepare_stmt)

    return render_template('home.html', msg=" user Data saved successfully..")

@app.route('/user')
def user():
    user = []
    sql = "SELECT * FROM user"
    stmt = ibm_db.exec_immediate(conn, sql)
    dictionary = ibm_db.fetch_both(stmt)
    while dictionary != False:
        # print ("The Name is : ", dictionary)
        user.append(dictionary)
        dictionary = ibm_db.fetch_both(stmt)

    if user:
        return render_template("user.html", user = user)

```

```

@app.route('/delete/<name>')
def delete(name):
    sql = f"SELECT * FROM user WHERE name='{escape(name)}'"
    print(sql)
    stmt = ibm_db.exec_immediate(conn, sql)
    user = ibm_db.fetch_row(stmt)
    print ("The Name is : ", user)
    if user:
        sql = f"DELETE FROM user WHERE name='{escape(name)}'"
        print(sql)
        stmt = ibm_db.exec_immediate(conn, sql)

    user = []
    sql = "SELECT * FROM user"
    stmt = ibm_db.exec_immediate(conn, sql)
    dictionary = ibm_db.fetch_both(stmt)
    while dictionary != False:
        user.append(dictionary)
        dictionary = ibm_db.fetch_both(stmt)
    if user:
        return render_template("user.html", user = user, msg="Delete
        successfully")
        return "success..."

if __name__ == "__main__":
    app.run(debug=True)

```

About.html:

```

<!DOCTYPE html>
<html>
  <head>
    <title>About us </title>
    <meta charset="utf-8">
    <meta name="viewport" content="width=device-width,initial-scale=1.0">
  </head>
  <script>
    window.watsonAssistantChatOptions = {
      integrationID: "8459266a-522b-4340-9ede-c4bfde0f36bf", // The ID of this
integration.
      region: "eu-gb", // The region your integration is hosted in.
      serviceInstanceID: "0077e8b2-9162-48fe-bd46-502637599914", // The ID of
your service instance.
      onLoad: function(instance) { instance.render(); }
    };
    setTimeout(function(){

```

```

const t=document.createElement('script');
t.src="https://web-chat.global.assistant.watson.appdomain.cloud/versions/" +
(window.watsonAssistantChatOptions.clientVersion || 'latest') +
"/WatsonAssistantChatEntry.js";
document.head.appendChild(t);
});
</script>
<body background="{{url_for('static',filename='images/white.jpg')}}">

```

```

<div class="section">
  <div class="container">
    <div class="title">
      <h1>About us</h1>
      <div class="content">
        <div class="article">
          <h3>Nutrient</h3>
          <p>Macronutrients make up a majority of our diets and provide energy
for us to move and function. Micronutrients, on the other hand, are chemical
substances that we require in small amounts for healthy growth and development.
Nowadays there are many nutrient-poor foods available – this means they don't
contain much nutrition that your body needs to function. Instead, the food is full
of excess energy (kilojoules), but it not nutritional. This excess energy means that
the food will provide your body with kilojoules, but it's void of other essential
nutrients that your body needs to function. </p>
          <div class="button">
            <a href="/read">Read More</a>
          </div>
        </div>
      </div>
    </div>
    <div class="image-section">
      
    </div>
  </div>
</body>
</html>

```

Bg.html

```

<!DOCTYPE html>
<html>
<head>
  <link rel="stylesheet" href="{{url_for('static',filename='css/bg.css')}}">

```

```

</head>

<body>
<h1><center>DIET PLANS</center></h1><br><br>
<div class="flex">
  <div class="box"></div><br>
  <div class="box"></div><br>
  <div class="box"></div>
  <div class="box"></div><br>
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  <div class="box"></div>
</div>
</body>
</html>

```

Bmi.html

```

<!DOCTYPE html>
<html>
<head>
<meta charset="utf-8">
<meta name="viewport" content="width=device-width, initial-scale=1">
<title>BMI CALCULATOR</title>
<link rel="stylesheet" href="{ { url_for('static',filename='css/bmi.css') } }">
<script type="text/javascript">
function BMI()
{
  var w = document.getElementById("w").value;

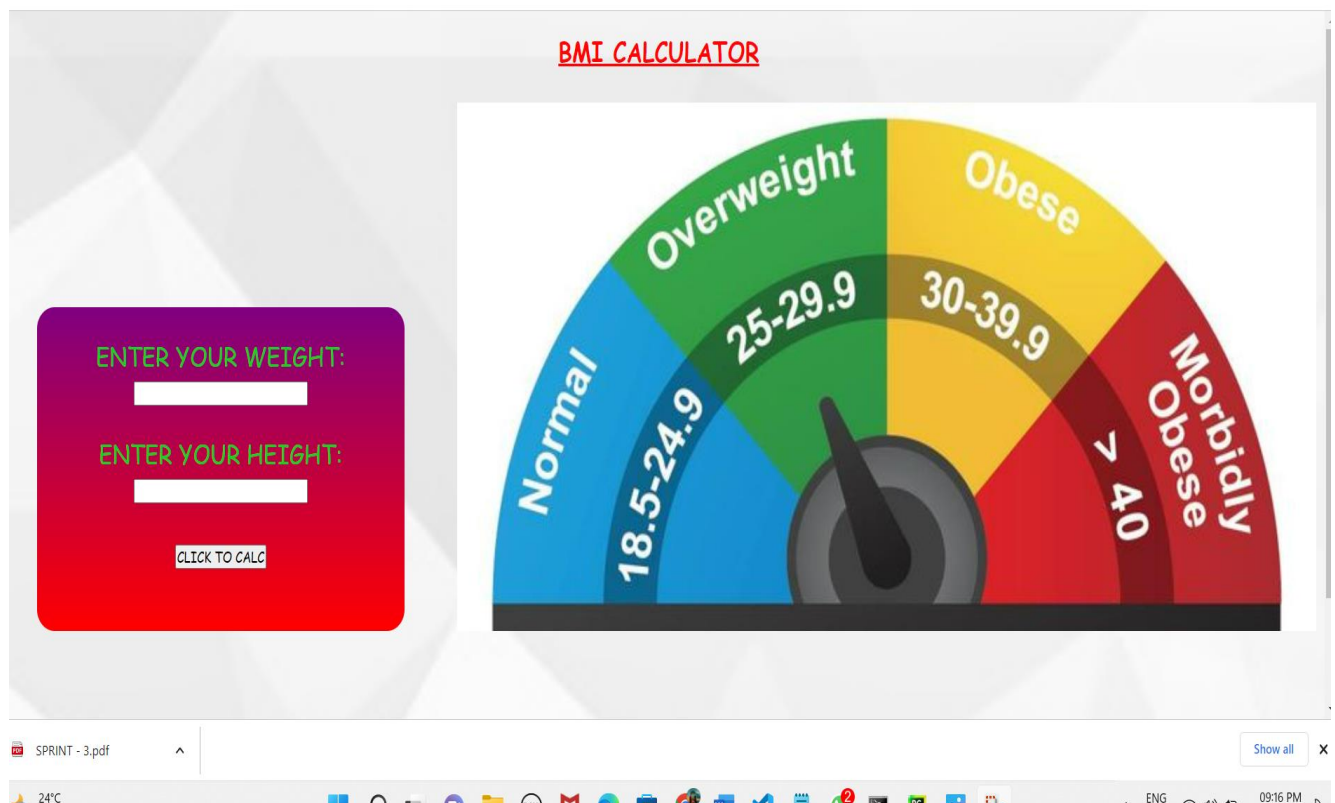
```

```

var h = document.getElementById("h").value;
var bmi=w/(h/100*h/100);
document.getElementById("resultat").innerHTML="Your BMI is " + bmi;
}
</script>
</head>

<body>
  <body background="{ {url_for('static',filename='images/white.jpg')}} ">
    <h3><u>BMI CALCULATOR</u></h3>
  <div class="flex">
    <div class="cal"><br>
    ENTER YOUR WEIGHT: <input type="text" id="w"></input><br><br>
    ENTER YOUR HEIGHT:<input type="text" id="h"></input><br><br>
    <p id="resultat"></p>
    <button id="btn" onclick="BMI()">CLICK TO CALC</button>
  </div>
  <div class="image">
    
  </div>
</div>
</body>
</html>

```



NextStep- Tata Con... New Tab

BMI CALCULATOR

ENTER YOUR WEIGHT:

78

ENTER YOUR HEIGHT:

567

Your BMI is 2.426210539085319

CLICK TO CALC

24°C Haze

ENG IN 08:38 PM 18-11-2022

Object storage diet plan:

DIET PLANS

1-Month Keto Diet Menu

To Shed Up To 99 Pounds of Fat

Breakfasts

- SMASHED AVOCADO WITH EGGS
- KETO CAULIFLOWER AND BACON PIE
- CHERRY KETO OMELETTE
- LOW CARB SAVORY FLAXSEED WAFFLES
- GREEN TEA TART BERRY BERRY OMELET
- RASPBERRY VANILLA SMOOTHIE
- BLUEBERRY WALNUT SMOOTHIE

Lunches

- BACON AND CHEDDAR SOUP
- KETO BERRY FUDGE
- CHICKEN CURRY FOR CAULIFLOWER RICE
- CHICKEN AND AVOCADO SOUP
- STEAK AND PEPPER SOULET
- PICCANTE TUNA LETTUCE WRAPS
- BACON AND CHICKEN "LASAGNA"

Dinners

- OVEN BAKED PORK RIND MURRAY
- KETO BEEF ZUCCHINI NOODLES
- BEEF TENDERLOIN & HORSERADISH SAUCE
- BROCCOLI AND BEEF STEAK PIV
- GARLIC CHICKEN ZUCCHINI NOODLES
- SWEET AND SOUR WRAPS
- MARGHERITA AND MEATBALLS

YOUNGDIET.COM

Are you Really Hungry?

ANGRY HUNGRY COMFORTABLE FULL SLEEPY

BEST BREAKFAST FOODS FOR WEIGHT LOSS

KIWI, GREEN TEA, OATMEAL, COFFEE, CHIA SEEDS, BERRIES, FLAX SEEDS, BANANA, GRAPEFRUIT

PRE-WORKOUT MEALS

KEEP IT LIGHT, BUT FULL OF ENERGY.

PREVENT AN UPSET STOMACH

CHOCOLATE, COCONUT, BANANA

FAT BURNING

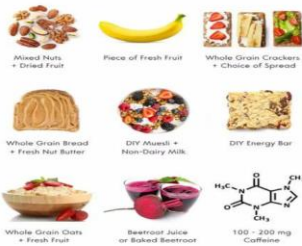
DIET PLANS

BREAKFAST, SNACK 1, LUNCH, SNACK 2, DINNER, TV SNACK

MIXED NUTS & DRIED FRUIT, Piece of Fresh Fruit, Whole Grain Crackers + Choice of Spread

Pre Workout Foods

Eat 30 - 60 Minutes Before Training



rebelnutrition.us

40 EASY MEALS FOR BUSY ATHLETES

Breakfast

1. Eggs (scrambled or fried) + whole grain toast
2. Smoothie (banana, berries, protein powder)
3. Greek yogurt + granola + fruit
4. High-Protein Oatmeal (add peanut butter or nut butter)
5. Smoothie (banana, berries, protein powder)
6. Smoothie (banana, berries, protein powder)
7. Smoothie (banana, berries, protein powder)
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11. High-Protein Smoothie (add peanut butter or nut butter)
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Snacks

1. Greek yogurt + granola + fruit
2. Smoothie (banana, berries, protein powder)
3. Greek yogurt + granola + fruit
4. High-Protein Oatmeal (add peanut butter or nut butter)
5. Smoothie (banana, berries, protein powder)
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Drinks

1. Greek yogurt + granola + fruit
2. Smoothie (banana, berries, protein powder)
3. Greek yogurt + granola + fruit
4. High-Protein Oatmeal (add peanut butter or nut butter)
5. Smoothie (banana, berries, protein powder)
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PRE WORKOUT MEALS

KEEP IT LIGHT, BUT FULL OF ENERGY.

PREVENT AN UPSET STOMACH



BUILD MUSCLE



HEALTHY LATE SNACKS FOR WEIGHT LOSS

