#include <iostream>

#include <cmath>

using namespace std;

void Algo(int Age,int Wake\_up\_time,int Sleep\_time,int Weight,int Excercise\_time)

{

//ASUMPTION that u can drink only 200ml in one time.

//KG to lbs conversion

Weight = Weight\*2.2;

//step 1

int Water\_req\_1 = Weight\*0.5;

//step 2

int Water\_req\_2 = Water\_req\_1 + (Excercise\_time\*12/30);

//step 3 Ounces to Litre conversion

float Water\_req\_3 = Water\_req\_2 \* 0.02957;

Water\_req\_3 = round(Water\_req\_3);

cout << "You need to Drink "<<Water\_req\_3<<"Liters of Water in a Day"<<endl;

int Up\_time = (12-Wake\_up\_time) + Sleep\_time;

cout <<"So your total Uptime is"<<Up\_time<<"hrs"<<endl;

int Time\_divider\_unit = Water\_req\_3\*1000/200;

int Reminder\_frequency = Up\_time\*100/Time\_divider\_unit;

cout <<"So We will give you a reminder every "<<Reminder\_frequency<<" minutes"<<endl;

}

int main()

{

int Age;

int Wake\_up\_time;

int Sleep\_time;

int Weight;

int Excercise\_time;

cout << "Welcome to Hydra!!!\n";

cout << "Please enter your age\n";

// Take input using cin

cin >> Age;

// Print output

cout << "So your age is " << Age << endl;

cout << "ok"<<endl;

cout << "At what time do you wake up in the morning"<<endl;

cin >> Wake\_up\_time;

cout << "So you wake up at "<<Wake\_up\_time<<" o clock in the morning"<<endl;

cout << "At what time do you sleep at night"<<endl;

cin >> Sleep\_time;

cout << "So you Sleep at "<<Sleep\_time<<" o clock in the evening"<<endl;

cout << "What is your weight currently"<<endl;

cin >> Weight;

cout << "Fine"<<endl;

cout << "How many Minutes do you excercise in a day"<<endl;

cin >> Excercise\_time;

cout << "OK"<<endl;

cout << "Thank you for the details, we are calculating, just a moment"<<endl;

Algo(Age,Wake\_up\_time,Sleep\_time,Weight,Excercise\_time);

return 0;

}