return String.format("You are %d days old", LocalDate.now().toEpochDay() - LocalDate.of(y, m, d).toEpochDay());

--

String ss= **"LoFgOiiiJ"**;  
 System.***out***.println(ss.replaceAll(**"[A-Z]"**,**"lox"**));

--

String input = **"JkkaYushIO"**;  
input= input.replaceAll(**"([A-Z])"**, **" $1"**).trim();  
 System.***out***.println(input);

in most languages, $1 in a regex refers to the first capture group - that's anything inside a pair of parentheses, in this case ([A-Z]). So the capture group will be any uppercase letters it finds. In this case it's replacing a letter like "A" with " A"