

Screenshots Of Program Output

Health Management System

Sample Input for Basic Health Records

----- Test Case 1 (Female) -----

```
----- HEALTH MANAGEMENT SYSTEM -----
----- RECORD MANAGEMENT CHOICES -----
Please Select Option (1) To Add a New User Record
Please Select Option (2) To Display All The Available Records
Please Select Option (3) To Delete Some Available Records
----- EXERCISE RECOMMENDATION CHOICE -----
Please Select Option (4) To Calculate Body Mass Index (BMI) & Get Exercise Recommendations
----- PROGRAM TERMINATION CHOICE -----
Please Select Option (5) To Start Termination Of This Program
Please Enter Your Choice From The Options Mentioned Above : 1
----- PLEASE ADD A NEW RECORD -----
Please Enter Your Name : Stella Hoshino
Please Enter Your Gender (Male/Female): Female
Please Enter Your Age : 17
Please Enter Your Identification Number : 100
----- 
The Records Have Been Sucessfully
```

----- End Of Test Case 1 -----

----- Test Case 2 (Male) -----

```
----- HEALTH MANAGEMENT SYSTEM -----  
----- RECORD MANAGEMENT CHOICES -----  
Please Select Option (1) To Add a New User Record  
Please Select Option (2) To Display All The Available Records  
Please Select Option (3) To Delete Some Available Records  
----- EXERCISE RECOMMENDATION CHOICE -----  
Please Select Option (4) To Calculate Body Mass Index (BMI) & Get Exercise Recommendations  
----- PROGRAM TERMINATION CHOICE -----  
Please Select Option (5) To Start Termination Of This Program  
Please Enter Your Choice From The Options Mentioned Above : 1  
----- PLEASE ADD A NEW RECORD -----  
Please Enter Your Name : Haruto Amane  
Please Enter Your Gender (Male/Female): Male  
Please Enter Your Age : 17  
Please Enter Your Identification Number : 200  
The Records Have Been Sucessfully
```

----- End Of Test Case 2 -----

Display Output Case (For Test Case 1 And 2)

```
----- HEALTH MANAGEMENT SYSTEM -----  
----- RECORD MANAGEMENT CHOICES -----  
Please Select Option (1) To Add a New User Record  
Please Select Option (2) To Display All The Available Records  
Please Select Option (3) To Delete Some Available Records  
----- EXERCISE RECOMMENDATION CHOICE -----  
Please Select Option (4) To Calculate Body Mass Index (BMI) & Get Exercise Recommendations  
----- PROGRAM TERMINATION CHOICE -----  
Please Select Option (5) To Start Termination Of This Program  
Please Enter Your Choice From The Options Mentioned Above : 2  
----- DISPLAY RECORDS MENU -----  
The Name You Entered Was : Stella Hoshino  
The Gender You Entered Was : Female  
The Age You Entered Was : 17  
The ID You Entered Was : 100  
-----  
The Name You Entered Was : Haruto Amane  
The Gender You Entered Was : Male  
The Age You Entered Was : 17  
The ID You Entered Was : 200  
-----  
Total User Records Found Are As Follows : 2
```

Sample Input for BMI Calculation & Standard Category Classification

----- Test Case 1 (Underweight) -----

```
-->----- HEALTH MANAGEMENT SYSTEM -----<--  
----- RECORD MANAGEMENT CHOICES -----  
Please Select Option (1) To Add a New User Record  
Please Select Option (2) To Display All The Available Records  
Please Select Option (3) To Delete Some Available Records  
----- EXERCISE RECOMMENDATION CHOICE -----  
Please Select Option (4) To Calculate Body Mass Index (BMI) & Get Exercise Recommendations  
----- PROGRAM TERMINATION CHOICE -----  
Please Select Option (5) To Start Termination Of This Program  
Please Enter Your Choice From The Options Mentioned Above : 4  
Please Enter Your Current Weight (In Kg) : 48  
Please Enter Your Current Height (In M) : 1.75  
----- Body Mass Index Calculator -----  
You Calculated Body Mass Index (BMI) Is : 15.67  
Your Body Mass Index (BMI) Indicates That You Are In The Underweight Category  
The Healthy Weight Range According To Your Height Is Between 56.66 Kg & 76.26 Kg  
-----
```

----- End Of Test Case 1 -----

----- Test Case 2 (Normal) -----

```
-->----- HEALTH MANAGEMENT SYSTEM -----<--  
----- RECORD MANAGEMENT CHOICES -----  
Please Select Option (1) To Add a New User Record  
Please Select Option (2) To Display All The Available Records  
Please Select Option (3) To Delete Some Available Records  
----- EXERCISE RECOMMENDATION CHOICE -----  
Please Select Option (4) To Calculate Body Mass Index (BMI) & Get Exercise Recommendations  
----- PROGRAM TERMINATION CHOICE -----  
Please Select Option (5) To Start Termination Of This Program  
Please Enter Your Choice From The Options Mentioned Above : 4  
Please Enter Your Current Weight (In Kg) : 65  
Please Enter Your Current Height (In M) : 1.75  
----- Body Mass Index Calculator -----  
You Calculated Body Mass Index (BMI) Is : 21.22  
Your Body Mass Index (BMI) Indicates That You Are In The Normal Category  
The Healthy Weight Range According To Your Height Is Between 56.66 Kg & 76.26 Kg  
-----
```

----- End Of Test Case 2 -----

----- Test Case 3 (Overweight) -----

```
----- HEALTH MANAGEMENT SYSTEM -----
----- RECORD MANAGEMENT CHOICES -----
Please Select Option (1) To Add a New User Record
Please Select Option (2) To Display All The Available Records
Please Select Option (3) To Delete Some Available Records

----- EXERCISE RECOMMENDATION CHOICE -----
Please Select Option (4) To Calculate Body Mass Index (BMI) & Get Exercise Recommendations

----- PROGRAM TERMINATION CHOICE -----
Please Select Option (5) To Start Termination Of This Program

Please Enter Your Choice From The Options Mentioned Above : 4

Please Enter Your Current Weight (In Kg) : 80
Please Enter Your Current Height (In M) : 1.75

----- Body Mass Index Calculator -----
You Calculated Body Mass Index (BMI) Is : 26.12
Your Body Mass Index (BMI) Indicates That You Are In The Overweight Category

The Healthy Weight Range According To Your Height Is Between 56.66 Kg & 76.26 Kg
```

----- End Of Test Case 3 -----

----- Test Case 4 (Obese Class I) -----

```
----- HEALTH MANAGEMENT SYSTEM -----
----- RECORD MANAGEMENT CHOICES -----
Please Select Option (1) To Add a New User Record
Please Select Option (2) To Display All The Available Records
Please Select Option (3) To Delete Some Available Records

----- EXERCISE RECOMMENDATION CHOICE -----
Please Select Option (4) To Calculate Body Mass Index (BMI) & Get Exercise Recommendations

----- PROGRAM TERMINATION CHOICE -----
Please Select Option (5) To Start Termination Of This Program

Please Enter Your Choice From The Options Mentioned Above : 4

Please Enter Your Current Weight (In Kg) : 100
Please Enter Your Current Height (In M) : 1.75

----- Body Mass Index Calculator -----
You Calculated Body Mass Index (BMI) Is : 32.65
Your Body Mass Index (BMI) Indicates That You Are In The Obese Class I Category

The Healthy Weight Range According To Your Height Is Between 56.66 Kg & 76.26 Kg
```

----- End Of Test Case 4 -----

----- Test Case 5 (Obese Class II) -----

```
----- HEALTH MANAGEMENT SYSTEM -----
----- RECORD MANAGEMENT CHOICES -----
Please Select Option (1) To Add a New User Record
Please Select Option (2) To Display All The Available Records
Please Select Option (3) To Delete Some Available Records

----- EXERCISE RECOMMENDATION CHOICE -----
Please Select Option (4) To Calculate Body Mass Index (BMI) & Get Exercise Recommendations

----- PROGRAM TERMINATION CHOICE -----
Please Select Option (5) To Start Termination Of This Program

Please Enter Your Choice From The Options Mentioned Above : 4

Please Enter Your Current Weight (In Kg) : 120
Please Enter Your Current Height (In M) : 1.75

----- Body Mass Index Calculator -----
You Calculated Body Mass Index (BMI) Is : 39.18
Your Body Mass Index (BMI) Indicates That You Are In The Obese Class II Category

The Healthy Weight Range According To Your Height Is Between 56.66 Kg & 76.26 Kg
```

----- End Of Test Case 5 -----

----- Test Case 6 (Obese Class III) -----

```
----- HEALTH MANAGEMENT SYSTEM -----
----- RECORD MANAGEMENT CHOICES -----
Please Select Option (1) To Add a New User Record
Please Select Option (2) To Display All The Available Records
Please Select Option (3) To Delete Some Available Records

----- EXERCISE RECOMMENDATION CHOICE -----
Please Select Option (4) To Calculate Body Mass Index (BMI) & Get Exercise Recommendations

----- PROGRAM TERMINATION CHOICE -----
Please Select Option (5) To Start Termination Of This Program

Please Enter Your Choice From The Options Mentioned Above : 4

Please Enter Your Current Weight (In Kg) : 135
Please Enter Your Current Height (In M) : 1.75

----- Body Mass Index Calculator -----
You Calculated Body Mass Index (BMI) Is : 44.08
Your Body Mass Index (BMI) Indicates That You Are In The Obese Class III Category
Your Body Mass Index Is Extremely High, Please Consult a Doctor

The Healthy Weight Range According To Your Height Is Between 56.66 Kg & 76.26 Kg
```

----- End Of Test Case 6 -----

Sample Input for Exercise Recommendation System

----- Test Case 1 (Gain Weight) -----

```
----- HEALTH MANAGEMENT SYSTEM -----
----- RECORD MANAGEMENT CHOICES -----
Please Select Option (1) To Add a New User Record
Please Select Option (2) To Display All The Available Records
Please Select Option (3) To Delete Some Available Records

----- EXERCISE RECOMMENDATION CHOICE -----
Please Select Option (4) To Calculate Body Mass Index (BMI) & Get Exercise Recommendations

----- PROGRAM TERMINATION CHOICE -----
Please Select Option (5) To Start Termination Of This Program

Please Enter Your Choice From The Options Mentioned Above : 4

Please Enter Your Current Weight (In Kg) : 48
Please Enter Your Current Height (In M) : 1.75

----- Body Mass Index Calculator -----
You Calculated Body Mass Index (BMI) Is : 15.67
Your Body Mass Index (BMI) Indicates That You Are In The Underweight Category

The Healthy Weight Range According To Your Height Is Between 56.66 Kg & 76.26 Kg

----- Please Enter Your Goal Weight (In Kg) : 60

What Is Your Baseline Activity Level ?
(1) Not Very Active - Spend Most Of The Day Sitting (Example - Desk Job)
(2) Lightly Active - Spend a Good Part Of The Day On Your Feet (Example - Teacher)
(3) Active - Spend a Good Part Of The Day Doing Some Physical Activity (Example - Food Server)
(4) Very Active - Spend a Good Part Of The Day Doing Some Heavy Physical Activity (Example - Carpenter)

Please Enter Your Baseline Activity Level : 2
Recommended Weight Goal - Gain Weight
```

----- End Of Test Case 1 -----

----- Test Case 2 (Lose Weight) -----

```
-- HEALTH MANAGEMENT SYSTEM --
-- RECORD MANAGEMENT CHOICES --
Please Select Option (1) To Add a New User Record
Please Select Option (2) To Display All The Available Records
Please Select Option (3) To Delete Some Available Records

-- EXERCISE RECOMMENDATION CHOICE --
Please Select Option (4) To Calculate Body Mass Index (BMI) & Get Exercise Recommendations

-- PROGRAM TERMINATION CHOICE --
Please Select Option (5) To Start Termination Of This Program

Please Enter Your Choice From The Options Mentioned Above : 4

Please Enter Your Current Weight (In Kg) : 120
Please Enter Your Current Height (In M) : 1.75

-- Body Mass Index Calculator --
You Calculated Body Mass Index (BMI) Is : 39.18
Your Body Mass Index (BMI) Indicates That You Are In The obese Class II Category

The Healthy Weight Range According To Your Height Is Between 56.66 Kg & 76.26 Kg

Please Enter Your Goal Weight (In Kg) : 90

What Is Your Baseline Activity Level ?
(1) Not Very Active - Spend Most Of The Day Sitting (Example - Desk Job)
(2) Lightly Active - Spend a Good Part Of The Day On Your Feet (Example - Teacher)
(3) Active - Spend a Good Part Of The Day Doing Some Physical Activity (Example - Food Server)
(4) Very Active - Spend a Good Part Of The Day Doing Some Heavy Physical Activity (Example - Carpenter)

Please Enter Your Baseline Activity Level : 2
Recommended Weight Goal - Lose Weight
```

----- End Of Test Case 2 -----

----- Test Case 3 (Maintain Weight) -----

```
-->----- HEALTH MANAGEMENT SYSTEM -----<--  
----- RECORD MANAGEMENT CHOICES -----  
Please Select Option (1) To Add a New User Record  
Please Select Option (2) To Display All The Available Records  
Please Select Option (3) To Delete Some Available Records  
----- EXERCISE RECOMMENDATION CHOICE -----  
Please Select Option (4) To Calculate Body Mass Index (BMI) & Get Exercise Recommendations  
----- PROGRAM TERMINATION CHOICE -----  
Please Select Option (5) To Start Termination Of This Program  
Please Enter Your Choice From The Options Mentioned Above : 4  
Please Enter Your Current Weight (In Kg) : 80  
Please Enter Your Current Height (In M) : 1.75  
----- Body Mass Index Calculator -----  
You Calculated Body Mass Index (BMI) Is : 26.12  
Your Body Mass Index (BMI) Indicates That You Are In The Overweight Category  
The Healthy Weight Range According To Your Height Is Between 56.66 Kg & 76.26 Kg  
-----  
Please Enter Your Goal Weight (In Kg) : 75  
What Is Your Baseline Activity Level ?  
(1) Not Very Active - Spend Most Of The Day Sitting (Example - Desk Job)  
(2) Lightly Active - Spend a Good Part Of The Day On Your Feet (Example - Teacher)  
(3) Active - Spend a Good Part Of The Day Doing Some Physical Activity (Example - Food Server)  
(4) Very Active - Spend a Good Part Of The Day Doing Some Heavy Physical Activity (Example - Carpenter)  
Please Enter Your Baseline Activity Level : 2  
Recommended Weight Goal - Maintain Weight
```

----- End Of Test Case 3 -----

End Of Output Screenshots