

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 Saved 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 Amare
Please Enter Your Gender (Male/Female): Male
Please Enter Your Age : 17
Please Enter Your Identification Number : 200

The Records Have Been Saved 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 Amare
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