

Health Management System

Validation Of Results

All Of the Sample Input Cases Used in This File Are Also Present in The “sample_input.txt” File Present in This Repository.

Output Validation for Basic Health Records

Output For 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 : Shiina Mahiru  
Please Enter Your Gender (Male/Female): Female  
Please Enter Your Age : 17  
Please Enter Your Identification Number : 25  
The Records Have Been Saved Sucessfully
```

Output For 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 : Fujimiya Amane  
Please Enter Your Gender (Male/Female): Male  
Please Enter Your Age : 17  
Please Enter Your Identification Number : 50  
The Records Have Been Saved Sucessfully
```

Output For Special Case – (Display Output)

```
----- 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 : Shiina Mahiru  
The Gender You Entered Was : Female  
The Age You Entered Was : 17  
The ID You Entered Was : 25  
  
The Name You Entered Was : Fujimiya Amane  
The Gender You Entered Was : Male  
The Age You Entered Was : 17  
The ID You Entered Was : 50  
  
Total User Records Found Are As Follows : 2
```

Output Validation for BMI Calculation & Categorization

Output For 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
```

Output For 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) : 57  
Please Enter Your Current Height (In M) : 1.75  
----- Body Mass Index Calculator -----  
You Calculated Body Mass Index (BMI) Is : 18.61  
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
```

Output For 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) : 78  
Please Enter Your Current Height (In M) : 1.75  
----- Body Mass Index Calculator -----  
You Calculated Body Mass Index (BMI) Is : 25.47  
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
```

Output For 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) : 95  
Please Enter Your Current Height (In M) : 1.75  
----- Body Mass Index Calculator -----  
You Calculated Body Mass Index (BMI) Is : 31.02  
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
```

Output For 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
```

Output For 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) : 130  
Please Enter Your Current Height (In M) : 1.75  
----- Body Mass Index Calculator -----  
You Calculated Body Mass Index (BMI) Is : 42.45  
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
```

Output Validation For Exercise Recommendation System

Output For 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
```

Output For 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) : 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  
  
-----  
  
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 - Lose Weight
```

Output For 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
```

The End