

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 Amare
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