How to run the project

CS521

SiCheng Yi

The project should have file:

Final Project.py

health.py

stopwatch.py

health test.py

stopwatch test.py

The test file is just a function to check the class is work well.

User should open the Final Project.py, run it, it will output the menu.

Enter the integer between 1-5 to choose what you want to do.

Enter 1 then enter food name, just enter the food name which is in the dictionary ‘food’, user can add food and it calorie to the dictionary by themself.

Enter 2 will output the calorie and sports time you do until now.

Enter 3 will told you to enter the sport what you want to do, user can also add sports to the tuple ‘sport’. Then enter any number without 0 is do one time, enter 0 is stop the sport. This function should use Motion sensing device， I just use enter a number without 0 to representative do one time.

Enter 4 will make a txt file named ‘Report’ and write the calorie and sports detail to the file.

Enter 5 is stop the program.