Final Project Report

CS521

SiCheng Yi

This project is create a program to provide users with the calorie increase and decrease of diet and exercise.

The program is divided into four parts:

1. Add calories by the user's input.

2. Display the current calorie situation and exercise time.

3. Choose a sport, count the time and motion of the sport.

4. Print a report to a file.

It can be used for users to master their own body fat for easy adjustment. And it allows me to practice what I have learned this semester.

I created two classes, 'health and StopWatch', 'health is used to record the user's exercise and calories,'StopWatch' is used to record time.

I used a dictionary to record food and its corresponding calories. In order to better examine the situation, I did not provide too many foods. Users can add more food by adding content to the dictionary. 

I Use tuple to set sport and users can also add more sport by adding content to the tuple. 

For the menu, the print(check) will use the \_\_str()\_\_ to print the time, use if and else block to make the menu. Use the ‘while’ to make a loop just stop when choose exit, Use if else to make the option

Choose 1 is use defined function ‘EAT’ get the food from user and return the calcorie of the food. The main function receives the return value of EAT and records it in health.

Choose 2 is just output the until now final calorie and sports time.

Choose 3 is choose a sport from tuple and start the sport, This function should use Motion sensing device， I just use enter a number without 0 to representative do one time.

Choose 4 is make a file and open then write the report in it.

Choose 5 is exit the program.

For the class, ‘StopWtch’ is used in choose 3 to record sports time.

In class ‘health’ The set ‘dosport’ is use to record the kink of sport user do, the list ‘chcalorie’ is record every calorie change time. The ‘self.\_\_calorie’ is use to record final calorie until now and ‘self.\_\_sportsTime’ is use to record the final sports time until now.