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Assignment 6

10/14/2022

Java Programming

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This image displays my variables, constructor, and getters & setters

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This image shows my two main calculation methods which take in weight, height, age, bmr, and activity for parameters. getBMR returns your basal metabolic rate (how many calories a day your body type needs to function successfully). GetCaloriesPerDay returns how many calories your body needs taking into account your activity levels per week.

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The first two methods just take your calories (returned from the GetCaloriesPerDay function) and either subtracts it by 650 or adds it by 500, depending on whether you want to lose weight or gain muscle.

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Shows importing and creating a scanner object and calling the static method (calling with class name) and asking user information. While loop surrounding whole program so user can go again if need be.

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Calling constructor with user-defined values which determines later values returned to the user.

If statement determines whether the user wants to gain or lose weight, while loop allows them to jump between outputs.

Asks user if they want to input another user’s values or exit.

Final output saying thank you for using the program.

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Final output.

Challenges:

* None, I flew through this assignment. Had so much fun writing it and was in the zone!

Reflection:

* I felt very comfortable writing this program, most challenging part was figuring out what to do it on.