```python
import random
number_to_guess = random.randint(1, 100)

attempts = 0
max_attempts = 7

print("Welcome to the Number Guessing Game!")
print("I have selected a number between 1 and 100.")
print("You have 7 attempts to guess the correct number.")

# Start the guessing game
while attempts < max_attempts:
    guess = int(input(f"Attempt {attempts + 1}: Enter your guess: "))
    attempts += 1
    if guess<1 or guess>100:
      print("Please enter number greater that 0 and less than 100.")
      continue


    elif guess < number_to_guess:
        print("Too low! Try again.")
    elif guess > number_to_guess:
        print("Too high! Try again.")
    else:
        print(f"Congratulations! You guessed the number in {attempts} attempts.")
        break
else:
    # If the user exceeds the max attempts, the game is over
    print(f"Game Over! The number was {number_to_guess}.")
```

```
Welcome to the Number Guessing Game!
I have selected a number between 1 and 100.
You have 7 attempts to guess the correct number.
Attempt 1: Enter your guess: 20
Too low! Try again.
Attempt 2: Enter your guess: 59
Too low! Try again.
Attempt 3: Enter your guess: 89
Too high! Try again.
Attempt 4: Enter your guess: 65
Too low! Try again.
Attempt 5: Enter your guess: 83
Too high! Try again.
Attempt 6: Enter your guess: 70
Too low! Try again.
Attempt 7: Enter your guess: 76
Congratulations! You guessed the number in 7 attempts.
```