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| --- | --- | --- |
| **Input** | **Process** | **Output** |
| 1. Prompt the user to enter their first name. Enter as string;   Name = input(“Please enter your name”)   1. Prompt the user to enter the number of steps they’ve walked in a day. Enter as int;   Steps = int(input(“Please enter how many steps you’ve walked today”)) | Compute the number of calories burned by taking the number of steps and multiplying it by 0.25.  Calories\_Burnt = Steps \* 0.25  “Calories\_Burnt” will be a float variable. | Output   * Display the user’s name along with the total calories burned that day with the print statement;   (“ Name , “Lost a total of;” , Calories\_Burnt , “ today.”) |