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import random

def number_guessing_game():
    number = random.randint(1, 100)
    attempts = 0
    print("Guess a number between 1 and 100")

    while True:
        try:
            guess = int(input("Enter your guess: "))
            attempts += 1
        except ValueError:
            print("Invalid input. Please enter a number.")
            continue

        if guess < number:
            print("Too low!")
        elif guess > number:
            print("Too high!")
        else:
            print(f"Congratulations! You guessed the number in {attempts} attempts.")
            break

if __name__ == "__main__":
    number_guessing_game()
```