**Physical Health Care**

A

REPORT

ON

Submitted in partial fullfillment of the requirement for degree of

B.Tech

in

Computer Science Engineering



Submitted to Submitted by

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**INTRODUCTION**

The project of the “Physical Health Care” is to provide a system which handles theinformation of the people coming into the gymand maintaining their health care. It takescare of all their healthinformation.

It even maintains the data of what and all medicines used by the peoplewho join to the gym and guidelines for good health diet menu for good health.

**SYSTEM REQUIREMENT SPECIFICATION**

**SOFTWARE REQUIREMENT**

Operating System : Windows, Linux

Application Logic :C/C++

IDE/Interpreter: Turbo C++, Dev c, VisualStudio.

**HARDWARE REQUIREMENT**

**System Configuration**

Processor : Pentium III – 900 MHz or above

Hard Disk : 20 GB or above

RAM : 128 MB or above

**FUTURE SCOPE**

* The project is easily extensible and can be improved by further incremental releases of the same.
* This project is helpful in the Automation of gym record

including gym weights, medicines, healthy drinks and gym

Management System.

* New modules can be easily added as it requires only an addition of a new data.

**SIGNIFICANCE OF PROJECT**

The significance of the project is to provide the following benefits:

* The significance of project is to find the good guidelines for gym workout.
* Using the project we find the good suggestion for home workout.
* This project provide proper diet for good health.

**Source Code**

#include<stdio.h>

#include<conio.h>

void main ()

{

clrscr();

/\*char a[30];

printf("Enter the string ?");

gets(a);

printf("yo enter ===%s",a);

\*/

int age ,weight,b;

char a[50];

printf("\n\t\t\tWELCOME IN HEALTH CARE");

printf("\n\n\n\tSir Enter Your Name=> ");

gets(a);

printf("\n\tSir Enter Your Age=> ");

scanf("%d",&age);

printf("\n\tSir Enter Your Weight=>");

scanf("%d",&weight);

printf("\n\t\tMR.%s",a);

printf("\n\t\tWelcome To Fiteness Hello");

printf(" \n\n");

printf("\n\t1.Gym Workout");

printf("\n\t2.Home workout");

printf("\n\t3.Diet for good Health");

printf("\n\n\n\tChoise Anyone of written Upper=>");

scanf("%d",&b);

switch(b)

{

case 1:

int m;

printf("\n\t\tMR.%s ",a);

printf("\n\t\tWelcome to Gym workout in Fiteness Hello");

printf("\n\n");

printf(" \n\t\t1. MONDAY");

printf(" \n\t\t2. TUESDAY");

printf(" \n\t\t3. WEDNESDAY" );

printf(" \n\t\t4. THURSDAY");

printf(" \n\t\t5. FRIDAY");

printf(" \n\t\t6. SATURDAY");

printf(" \n\t\t7. SUNDAY");

printf("\n\n");

printf(" \n\t\t\tMr.%s\n\n\n\t Enter Choise number of one Day=>",a);

scanf("%d",&m);

switch(m)

{

case 1: printf("\n1");

if(age<=20&&weight<=50)

{

printf("\n\n\t\t\t ");

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else if (age<=20&&weight>=50)

{

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else if (age>=20 &&weight<=50)

{

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else if (age>=20 && weight>=50)

{ printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else

{

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

break;

case 2: printf("\n2");

if(age<=20&&weight<=50)

{

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else if (age<=20&&weight>=50)

{

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else if (age>=20 &&weight<=50)

{

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else if (age>=20 && weight>=50)

{ printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else

{

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

break;

case 3: printf("\n3");

if(age<=20&&weight<=50)

{

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else if (age<=20&&weight>=50)

{

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else if (age>=20 &&weight<=50)

{

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else if (age>=20 && weight>=50)

{ printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else

{

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

break;

case 4: printf("\n4");

if(age<=20&&weight<=50)

{

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else if (age<=20&&weight>=50)

{

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else if (age>=20 &&weight<=50)

{

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else if (age>=20 && weight>=50)

{ printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else

{

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

break;

case 5: printf("\n5");

if(age<=20&&weight<=50)

{

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else if (age<=20&&weight>=50)

{

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else if (age>=20 &&weight<=50)

{

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else if (age>=20 && weight>=50)

{ printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else

{

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

break;

case 6: printf("\n6");

if(age<=20&&weight<=50)

{

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else if (age<=20&&weight>=50)

{

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else if (age>=20 &&weight<=50)

{

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else if (age>=20 && weight>=50)

{ printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

else

{

printf(" \n\n\t\t -:- Focus on Legs -:-\n");

printf("\n\t-> 5 Tricep dips \n\t -> 10 lunges(each leg) \n\t -> 10 push ups \n\t -> 10 Squats \n\t -> 15 Sit- ups /ab exercise \n\t -> 20 jumping jacks");

}

break;

case 7: printf("\n7");

if(age<=20&&weight<=50)

{

printf(" \n\n \t\t -:- today restday -:-");

}

else if (age<=20&&weight>=50)

{

printf(" \n\n \t\t -:- today restday -:-");

}

else if (age>=20 &&weight<=50)

{

printf(" \n\n \t\t -:- today restday -:-");

}

else if (age>=20 && weight>=50)

{ printf(" \n\n \t\t -:- today restday -:-");

}

else

{

printf(" \n\n \t\t -:- today restday -:-");

}

break;

default : printf("\n\t\tMr.%s you enter worng Key ",a);

printf("\n\t\t\tPlease restart program");

break;

}

break;

case 2: printf("2");

int h;

printf("\n\t\tMR.%s ",a);

printf("\n\t\tWelcome to Home workout in Fiteness Hello");

printf("\n\n");

printf(" \n\t\t1. MONDAY");

printf(" \n\t\t2. TUESDAY");

printf(" \n\t\t3. WEDNESDAY" );

printf(" \n\t\t4. THURSDAY");

printf(" \n\t\t5. FRIDAY");

printf(" \n\t\t6. SATURDAY");

printf(" \n\t\t7. SUNDAY");

printf("\n\n");

printf(" \n\t\t\tMr.%s\n\n\n\t Enter Choise number of one Day=>",a);

scanf("%d",&h);

switch(h)

{

case 1: printf("\n1");

if(age<=20&&weight<=50)

{

printf("20 50");

}

else if (age<=20&&weight>=50)

{

printf("20 70");

}

else if (age>=20 &&weight<=50)

{

printf("20 + 50");

}

else if (age>=20 && weight>=50)

{ printf(" 20+ 50+");

}

else

{

printf("kafi hai bhai");

}

break;

case 2: printf("\n2");

if(age<=20&&weight<=50)

{

printf("20 50");

}

else if (age<=20&&weight>=50)

{

printf("20 70");

}

else if (age>=20 &&weight<=50)

{

printf("20 + 50");

}

else if (age>=20 && weight>=50)

{ printf(" 20+ 50+");

}

else

{

printf("kafi hai bhai");

}

break;

case 3: printf("\n3");

if(age<=20&&weight<=50)

{

printf("20 50");

}

else if (age<=20&&weight>=50)

{

printf("20 70");

}

else if (age>=20 &&weight<=50)

{

printf("20 + 50");

}

else if (age>=20 && weight>=50)

{ printf(" 20+ 50+");

}

else

{

printf("kafi hai bhai");

}

break;

case 4: printf("\n4");

if(age<=20&&weight<=50)

{

printf("20 50");

}

else if (age<=20&&weight>=50)

{

printf("20 70");

}

else if (age>=20 &&weight<=50)

{

printf("20 + 50");

}

else if (age>=20 && weight>=50)

{ printf(" 20+ 50+");

}

else

{

printf("kafi hai bhai");

}

break;

case 5: printf("\n5");

if(age<=20&&weight<=50)

{

printf("20 50");

}

else if (age<=20&&weight>=50)

{

printf("20 70");

}

else if (age>=20 &&weight<=50)

{

printf("20 + 50");

}

else if (age>=20 && weight>=50)

{ printf(" 20+ 50+");

}

else

{

printf("kafi hai bhai");

}

break;

case 6: printf("\n6");

if(age<=20&&weight<=50)

{

printf("20 50");

}

else if (age<=20&&weight>=50)

{

printf("20 70");

}

else if (age>=20 &&weight<=50)

{

printf("20 + 50");

}

else if (age>=20 && weight>=50)

{ printf(" 20+ 50+");

}

else

{

printf("kafi hai bhai");

}

break;

case 7: printf("\n7");

if(age<=20&&weight<=50)

{

printf("20 50");

}

else if (age<=20&&weight>=50)

{

printf("20 70");

}

else if (age>=20 &&weight<=50)

{

printf("20 + 50");

}

else if (age>=20 && weight>=50)

{ printf(" 20+ 50+");

}

else

{

printf("kafi hai bhai");

}

break;

default : printf("\n\t\tMr.%s you enter worng Key ",a);

printf("\n\t\t\tPlease restart program");

break;

}

break;

case 3: printf("3");

int k;

printf("\n\t\tMR.%s ",a);

printf("\n\t\tWelcome to Diet for good health in Fiteness Hello");

printf("\n\n");

printf(" \n\t\t1. MONDAY");

printf(" \n\t\t2. TUESDAY");

printf(" \n\t\t3. WEDNESDAY" );

printf(" \n\t\t4. THURSDAY");

printf(" \n\t\t5. FRIDAY");

printf(" \n\t\t6. SATURDAY");

printf(" \n\t\t7. SUNDAY");

printf("\n\n");

printf(" \n\t\t\tMr.%s\n\n\n\t Enter Choise number of one Day=>",a);

scanf("%d",&k);

switch(k)

{

case 1: printf("\n");

if(age<=20&&weight<=50)

{

printf("\n\n\t\tBreakfast (271 calories)\n\t1 serving Avocado Egg Toast");

printf("\n\n\t\tA.M. Snack (84 calories)\n\t1 cup blueberries");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Loaded Black Bean Nacho Soup");

printf("\n\n\t\tP.M. Snack (62 calories)\n\t1 medium orange");

printf("\n\n\t\tDinner (457 calories)\n\t1 serving Seared Salmon with Green Peppercorn Sauce\n\t1 cup steamed green beans with 1 tsp. olive oil, 1 Tbsp. nonfat plain Greek yogurt and a pinch of pepper.\n\t Daily Totals: 1,224 calories, 60 g protein, 142 g carbohydrates, 28 g fiber, 52 g fat, 11 g sat. fat., 828 mg sodium");

}

else if (age<=20&&weight>=50)

{

printf("");

printf("\n\n\t\tBreakfast (271 calories)\n\t1 serving Avocado Egg Toast");

printf("\n\n\t\tA.M. Snack (84 calories)\n\t1 cup blueberries");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Loaded Black Bean Nacho Soup");

printf("\n\n\t\tP.M. Snack (62 calories)\n\t1 medium orange");

printf("\n\n\t\tDinner (457 calories)\n\t1 serving Seared Salmon with Green Peppercorn Sauce\n\t1 cup steamed green beans with 1 tsp. olive oil, 1 Tbsp. nonfat plain Greek yogurt and a pinch of pepper.\n\t Daily Totals: 1,224 calories, 60 g protein, 142 g carbohydrates, 28 g fiber, 52 g fat, 11 g sat. fat., 828 mg sodium");

}

else if (age>=20 &&weight<=50)

{

printf("");

printf("\n\n\t\tBreakfast (271 calories)\n\t1 serving Avocado Egg Toast");

printf("\n\n\t\tA.M. Snack (84 calories)\n\t1 cup blueberries");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Loaded Black Bean Nacho Soup");

printf("\n\n\t\tP.M. Snack (62 calories)\n\t1 medium orange");

printf("\n\n\t\tDinner (457 calories)\n\t1 serving Seared Salmon with Green Peppercorn Sauce\n\t1 cup steamed green beans with 1 tsp. olive oil, 1 Tbsp. nonfat plain Greek yogurt and a pinch of pepper.\n\t Daily Totals: 1,224 calories, 60 g protein, 142 g carbohydrates, 28 g fiber, 52 g fat, 11 g sat. fat., 828 mg sodium");

}

else if (age>=20 && weight>=50)

{ printf(" ");

printf("\n\n\t\tBreakfast (271 calories)\n\t1 serving Avocado Egg Toast");

printf("\n\n\t\tA.M. Snack (84 calories)\n\t1 cup blueberries");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Loaded Black Bean Nacho Soup");

printf("\n\n\t\tP.M. Snack (62 calories)\n\t1 medium orange");

printf("\n\n\t\tDinner (457 calories)\n\t1 serving Seared Salmon with Green Peppercorn Sauce\n\t1 cup steamed green beans with 1 tsp. olive oil, 1 Tbsp. nonfat plain Greek yogurt and a pinch of pepper.\n\t Daily Totals: 1,224 calories, 60 g protein, 142 g carbohydrates, 28 g fiber, 52 g fat, 11 g sat. fat., 828 mg sodium");

}

else

{

printf("");

printf("\n\n\t\tBreakfast (271 calories)\n\t1 serving Avocado Egg Toast");

printf("\n\n\t\tA.M. Snack (84 calories)\n\t1 cup blueberries");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Loaded Black Bean Nacho Soup");

printf("\n\n\t\tP.M. Snack (62 calories)\n\t1 medium orange");

printf("\n\n\t\tDinner (457 calories)\n\t1 serving Seared Salmon with Green Peppercorn Sauce\n\t1 cup steamed green beans with 1 tsp. olive oil, 1 Tbsp. nonfat plain Greek yogurt and a pinch of pepper.\n\t Daily Totals: 1,224 calories, 60 g protein, 142 g carbohydrates, 28 g fiber, 52 g fat, 11 g sat. fat., 828 mg sodium");

}

break;

case 2: printf("\n");

if(age<=20&&weight<=50)

{

printf("\n\n\t\tBreakfast (265 calories)\n\t1 cup bran cereal\n\t1 cup skim milk\n\t1/4 cup blueberries");

printf("\n\n\t\tA.M. Snack (95 calories)\n\t1 medium apple");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Spinach & Strawberry Meal-Prep Salad");

printf("\n\n\t\tP.M. Snack (62 calories)\n\t1 medium orange");

printf("\n\n\t\tDinner (429 calories)\n\t1 serving Charred Shrimp & Pesto Buddha Bowls\n\tDaily Totals: 1,225 calories, 75 g protein, 148 g carbohydrates, 39 g fiber, 50 g fat, 9 g sat. fat., 1,363 mg sodium");

}

else if (age<=20&&weight>=50)

{

printf("");

printf("\n\n\t\tBreakfast (265 calories)\n\t1 cup bran cereal\n\t1 cup skim milk\n\t1/4 cup blueberries");

printf("\n\n\t\tA.M. Snack (95 calories)\n\t1 medium apple");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Spinach & Strawberry Meal-Prep Salad");

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}

else if (age>=20 &&weight<=50)

{

printf("");

printf("\n\n\t\tBreakfast (265 calories)\n\t1 cup bran cereal\n\t1 cup skim milk\n\t1/4 cup blueberries");

printf("\n\n\t\tA.M. Snack (95 calories)\n\t1 medium apple");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Spinach & Strawberry Meal-Prep Salad");

printf("\n\n\t\tP.M. Snack (62 calories)\n\t1 medium orange");

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}

else if (age>=20 && weight>=50)

{ printf(" ");

printf("\n\n\t\tBreakfast (265 calories)\n\t1 cup bran cereal\n\t1 cup skim milk\n\t1/4 cup blueberries");

printf("\n\n\t\tA.M. Snack (95 calories)\n\t1 medium apple");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Spinach & Strawberry Meal-Prep Salad");

printf("\n\n\t\tP.M. Snack (62 calories)\n\t1 medium orange");

printf("\n\n\t\tDinner (429 calories)\n\t1 serving Charred Shrimp & Pesto Buddha Bowls\n\tDaily Totals: 1,225 calories, 75 g protein, 148 g carbohydrates, 39 g fiber, 50 g fat, 9 g sat. fat., 1,363 mg sodium");

}

else

{

printf("");

printf("\n\n\t\tBreakfast (265 calories)\n\t1 cup bran cereal\n\t1 cup skim milk\n\t1/4 cup blueberries");

printf("\n\n\t\tA.M. Snack (95 calories)\n\t1 medium apple");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Spinach & Strawberry Meal-Prep Salad");

printf("\n\n\t\tP.M. Snack (62 calories)\n\t1 medium orange");

printf("\n\n\t\tDinner (429 calories)\n\t1 serving Charred Shrimp & Pesto Buddha Bowls\n\tDaily Totals: 1,225 calories, 75 g protein, 148 g carbohydrates, 39 g fiber, 50 g fat, 9 g sat. fat., 1,363 mg sodium");

}

break;

case 3: printf("\n");

if(age<=20&&weight<=50)

{

printf("\n\n\t\tBreakfast (297 calories)\n\t1 cup nonfat plain Greek yogurt\n\t3/4 cup blueberries\n\t1 1/2 Tbsp.");

printf("\n\n\t\tA.M. Snack (64 calories)\n\t1 cup raspberries ");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Spinach & Strawberry Meal-Prep Salad");

printf("\n\n\t\tP.M. Snack (62 calories)\n\t1 medium orange");

printf("\n\n\t\tDinner (416 calories)\n\t1 serving Curried Sweet Potato & Peanut Soup\n\t1 slice whole-wheat bread, toasted\n\tDaily Totals: 1,212 calories, 70 g protein, 132 g carbohydrates, 30 g fiber, 51 g fat, 9 g sat. fat., 1,332 mg sodium");

}

else if (age<=20&&weight>=50)

{

printf("");

printf("\n\n\t\tBreakfast (297 calories)\n\t1 cup nonfat plain Greek yogurt\n\t3/4 cup blueberries\n\t1 1/2 Tbsp.");

printf("\n\n\t\tA.M. Snack (64 calories)\n\t1 cup raspberries ");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Spinach & Strawberry Meal-Prep Salad");

printf("\n\n\t\tP.M. Snack (62 calories)\n\t1 medium orange");

printf("\n\n\t\tDinner (416 calories)\n\t1 serving Curried Sweet Potato & Peanut Soup\n\t1 slice whole-wheat bread, toasted\n\tDaily Totals: 1,212 calories, 70 g protein, 132 g carbohydrates, 30 g fiber, 51 g fat, 9 g sat. fat., 1,332 mg sodium");

}

else if (age>=20 &&weight<=50)

{

printf("");

printf("\n\n\t\tBreakfast (297 calories)\n\t1 cup nonfat plain Greek yogurt\n\t3/4 cup blueberries\n\t1 1/2 Tbsp.");

printf("\n\n\t\tA.M. Snack (64 calories)\n\t1 cup raspberries ");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Spinach & Strawberry Meal-Prep Salad");

printf("\n\n\t\tP.M. Snack (62 calories)\n\t1 medium orange");

printf("\n\n\t\tDinner (416 calories)\n\t1 serving Curried Sweet Potato & Peanut Soup\n\t1 slice whole-wheat bread, toasted\n\tDaily Totals: 1,212 calories, 70 g protein, 132 g carbohydrates, 30 g fiber, 51 g fat, 9 g sat. fat., 1,332 mg sodium");

}

else if (age>=20 && weight>=50)

{ printf(" ");

printf("\n\n\t\tBreakfast (297 calories)\n\t1 cup nonfat plain Greek yogurt\n\t3/4 cup blueberries\n\t1 1/2 Tbsp.");

printf("\n\n\t\tA.M. Snack (64 calories)\n\t1 cup raspberries ");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Spinach & Strawberry Meal-Prep Salad");

printf("\n\n\t\tP.M. Snack (62 calories)\n\t1 medium orange");

printf("\n\n\t\tDinner (416 calories)\n\t1 serving Curried Sweet Potato & Peanut Soup\n\t1 slice whole-wheat bread, toasted\n\tDaily Totals: 1,212 calories, 70 g protein, 132 g carbohydrates, 30 g fiber, 51 g fat, 9 g sat. fat., 1,332 mg sodium");

}

else

{

printf("");

printf("\n\n\t\tBreakfast (297 calories)\n\t1 cup nonfat plain Greek yogurt\n\t3/4 cup blueberries\n\t1 1/2 Tbsp.");

printf("\n\n\t\tA.M. Snack (64 calories)\n\t1 cup raspberries ");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Spinach & Strawberry Meal-Prep Salad");

printf("\n\n\t\tP.M. Snack (62 calories)\n\t1 medium orange");

printf("\n\n\t\tDinner (416 calories)\n\t1 serving Curried Sweet Potato & Peanut Soup\n\t1 slice whole-wheat bread, toasted\n\tDaily Totals: 1,212 calories, 70 g protein, 132 g carbohydrates, 30 g fiber, 51 g fat, 9 g sat. fat., 1,332 mg sodium");

}

break;

case 4: printf("\n");

if(age<=20&&weight<=50)

{

printf("\n\n\t\tBreakfast (265 calories)\n\t3/4 cup bran cereal\n\t3/4 cup skim milk\n\t1/2 cup blueberries");

printf("\n\n\t\tA.M. Snack (95 calories)\n\t1 medium apple");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Spinach & Strawberry Meal-Prep Salad");

printf("\n\n\t\tP.M. Snack (62 calories)\n\t1 medium orange");

printf("\n\n\t\tDinner (427 calories)\n\t1 serving Cod with Tomato Cream Sauce\n\t3/4 cup cooked brown rice\n\t1 cup steamed broccoli\n\tDaily Totals: 1,223 calories, 67 g protein, 170 g carbohydrates, 38 g fiber, 39 g fat, 9 g sat. fat., 1,284 mg sodium");

}

else if (age<=20&&weight>=50)

{

printf("");

printf("\n\n\t\tBreakfast (265 calories)\n\t3/4 cup bran cereal\n\t3/4 cup skim milk\n\t1/2 cup blueberries");

printf("\n\n\t\tA.M. Snack (95 calories)\n\t1 medium apple");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Spinach & Strawberry Meal-Prep Salad");

printf("\n\n\t\tP.M. Snack (62 calories)\n\t1 medium orange");

printf("\n\n\t\tDinner (427 calories)\n\t1 serving Cod with Tomato Cream Sauce\n\t3/4 cup cooked brown rice\n\t1 cup steamed broccoli\n\tDaily Totals: 1,223 calories, 67 g protein, 170 g carbohydrates, 38 g fiber, 39 g fat, 9 g sat. fat., 1,284 mg sodium");

}

else if (age>=20 &&weight<=50)

{

printf("");

printf("\n\n\t\tBreakfast (265 calories)\n\t3/4 cup bran cereal\n\t3/4 cup skim milk\n\t1/2 cup blueberries");

printf("\n\n\t\tA.M. Snack (95 calories)\n\t1 medium apple");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Spinach & Strawberry Meal-Prep Salad");

printf("\n\n\t\tP.M. Snack (62 calories)\n\t1 medium orange");

printf("\n\n\t\tDinner (427 calories)\n\t1 serving Cod with Tomato Cream Sauce\n\t3/4 cup cooked brown rice\n\t1 cup steamed broccoli\n\tDaily Totals: 1,223 calories, 67 g protein, 170 g carbohydrates, 38 g fiber, 39 g fat, 9 g sat. fat., 1,284 mg sodium");

}

else if (age>=20 && weight>=50)

{ printf(" ");

printf("\n\n\t\tBreakfast (265 calories)\n\t3/4 cup bran cereal\n\t3/4 cup skim milk\n\t1/2 cup blueberries");

printf("\n\n\t\tA.M. Snack (95 calories)\n\t1 medium apple");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Spinach & Strawberry Meal-Prep Salad");

printf("\n\n\t\tP.M. Snack (62 calories)\n\t1 medium orange");

printf("\n\n\t\tDinner (427 calories)\n\t1 serving Cod with Tomato Cream Sauce\n\t3/4 cup cooked brown rice\n\t1 cup steamed broccoli\n\tDaily Totals: 1,223 calories, 67 g protein, 170 g carbohydrates, 38 g fiber, 39 g fat, 9 g sat. fat., 1,284 mg sodium");

}

else

{

printf("");

printf("\n\n\t\tBreakfast (265 calories)\n\t3/4 cup bran cereal\n\t3/4 cup skim milk\n\t1/2 cup blueberries");

printf("\n\n\t\tA.M. Snack (95 calories)\n\t1 medium apple");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Spinach & Strawberry Meal-Prep Salad");

printf("\n\n\t\tP.M. Snack (62 calories)\n\t1 medium orange");

printf("\n\n\t\tDinner (427 calories)\n\t1 serving Cod with Tomato Cream Sauce\n\t3/4 cup cooked brown rice\n\t1 cup steamed broccoli\n\tDaily Totals: 1,223 calories, 67 g protein, 170 g carbohydrates, 38 g fiber, 39 g fat, 9 g sat. fat., 1,284 mg sodium");

}

break;

case 5: printf("\n");

if(age<=20&&weight<=50)

{

printf("\n\n\t\tBreakfast (333 calories)\n\t1/2 cup rolled oats, cooked in 1 cup milk\n\t1 cup raspberries\n\tCook oats and top with raspberries and a pinch of cinnamon");

printf("\n\n\t\tA.M. Snack (102 calories)\n\t1 medium bell pepper, sliced\n\t3 Tbsp. hummus");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Spinach & Strawberry Meal-Prep Salad ");

printf("\n\n\t\tP.M. Snack (84 calories)\n\t1 cup blueberries ");

printf("\n\n\t\tDinner (304 calories)\n\t1 1/4 cups Chicken Cauliflower Fried Rice\n\tDaily Totals: 1,198 calories, 77 g protein, 120 g carbohydrates, 30 g fiber, 48 g fat, 9 g sat. fat., 1,405 mg sodium.");

}

else if (age<=20&&weight>=50)

{

printf("");

printf("\n\n\t\tBreakfast (333 calories)\n\t1/2 cup rolled oats, cooked in 1 cup milk\n\t1 cup raspberries\n\tCook oats and top with raspberries and a pinch of cinnamon");

printf("\n\n\t\tA.M. Snack (102 calories)\n\t1 medium bell pepper, sliced\n\t3 Tbsp. hummus");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Spinach & Strawberry Meal-Prep Salad ");

printf("\n\n\t\tP.M. Snack (84 calories)\n\t1 cup blueberries ");

printf("\n\n\t\tDinner (304 calories)\n\t1 1/4 cups Chicken Cauliflower Fried Rice\n\tDaily Totals: 1,198 calories, 77 g protein, 120 g carbohydrates, 30 g fiber, 48 g fat, 9 g sat. fat., 1,405 mg sodium.");

}

else if (age>=20 &&weight<=50)

{

printf("");

printf("\n\n\t\tBreakfast (333 calories)\n\t1/2 cup rolled oats, cooked in 1 cup milk\n\t1 cup raspberries\n\tCook oats and top with raspberries and a pinch of cinnamon");

printf("\n\n\t\tA.M. Snack (102 calories)\n\t1 medium bell pepper, sliced\n\t3 Tbsp. hummus");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Spinach & Strawberry Meal-Prep Salad ");

printf("\n\n\t\tP.M. Snack (84 calories)\n\t1 cup blueberries ");

printf("\n\n\t\tDinner (304 calories)\n\t1 1/4 cups Chicken Cauliflower Fried Rice\n\tDaily Totals: 1,198 calories, 77 g protein, 120 g carbohydrates, 30 g fiber, 48 g fat, 9 g sat. fat., 1,405 mg sodium.");

}

else if (age>=20 && weight>=50)

{ printf(" ");

printf("\n\n\t\tBreakfast (333 calories)\n\t1/2 cup rolled oats, cooked in 1 cup milk\n\t1 cup raspberries\n\tCook oats and top with raspberries and a pinch of cinnamon");

printf("\n\n\t\tA.M. Snack (102 calories)\n\t1 medium bell pepper, sliced\n\t3 Tbsp. hummus");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Spinach & Strawberry Meal-Prep Salad ");

printf("\n\n\t\tP.M. Snack (84 calories)\n\t1 cup blueberries ");

printf("\n\n\t\tDinner (304 calories)\n\t1 1/4 cups Chicken Cauliflower Fried Rice\n\tDaily Totals: 1,198 calories, 77 g protein, 120 g carbohydrates, 30 g fiber, 48 g fat, 9 g sat. fat., 1,405 mg sodium.");

}

else

{

printf("");

printf("\n\n\t\tBreakfast (333 calories)\n\t1/2 cup rolled oats, cooked in 1 cup milk\n\t1 cup raspberries\n\tCook oats and top with raspberries and a pinch of cinnamon");

printf("\n\n\t\tA.M. Snack (102 calories)\n\t1 medium bell pepper, sliced\n\t3 Tbsp. hummus");

printf("\n\n\t\tLunch (374 calories)\n\t1 serving Spinach & Strawberry Meal-Prep Salad ");

printf("\n\n\t\tP.M. Snack (84 calories)\n\t1 cup blueberries ");

printf("\n\n\t\tDinner (304 calories)\n\t1 1/4 cups Chicken Cauliflower Fried Rice\n\tDaily Totals: 1,198 calories, 77 g protein, 120 g carbohydrates, 30 g fiber, 48 g fat, 9 g sat. fat., 1,405 mg sodium.");

}

break;

case 6: printf("\n");

if(age<=20&&weight<=50)

{

printf("\n\n\t\tBreakfast (328 calories)\n\t1 cup bran cereal\n\t1 cup skim milk\n\t1 cup blueberries");

printf("\n\n\t\tA.M. Snack (62 calories)\n\t1 medium orange");

printf("\n\n\t\tLunch (296 calories)\n\t1 serving Tuna, White Bean & Dill Salad\n\tMeal-Prep Tip: Save a serving of the tuna salad to have for lunch on Day 7");

printf("\n\n\t\tP.M. Snack (64 calories)\n\t1 cup raspberries");

printf("\n\n\t\tDinner (457 calories)\n\t1 serving Toaster-Oven Tostada\n\tDaily Totals: 1,206 calories, 55 g protein, 187 g carbohydrates, 55 g fiber, 39 g fat, 8 g sat. fat., 1,203 mg sodium.");

}

else if (age<=20&&weight>=50)

{

printf("");

printf("\n\n\t\tBreakfast (328 calories)\n\t1 cup bran cereal\n\t1 cup skim milk\n\t1 cup blueberries");

printf("\n\n\t\tA.M. Snack (62 calories)\n\t1 medium orange");

printf("\n\n\t\tLunch (296 calories)\n\t1 serving Tuna, White Bean & Dill Salad\n\tMeal-Prep Tip: Save a serving of the tuna salad to have for lunch on Day 7");

printf("\n\n\t\tP.M. Snack (64 calories)\n\t1 cup raspberries");

printf("\n\n\t\tDinner (457 calories)\n\t1 serving Toaster-Oven Tostada\n\tDaily Totals: 1,206 calories, 55 g protein, 187 g carbohydrates, 55 g fiber, 39 g fat, 8 g sat. fat., 1,203 mg sodium.");

}

else if (age>=20 &&weight<=50)

{

printf("");

printf("\n\n\t\tBreakfast (328 calories)\n\t1 cup bran cereal\n\t1 cup skim milk\n\t1 cup blueberries");

printf("\n\n\t\tA.M. Snack (62 calories)\n\t1 medium orange");

printf("\n\n\t\tLunch (296 calories)\n\t1 serving Tuna, White Bean & Dill Salad\n\tMeal-Prep Tip: Save a serving of the tuna salad to have for lunch on Day 7");

printf("\n\n\t\tP.M. Snack (64 calories)\n\t1 cup raspberries");

printf("\n\n\t\tDinner (457 calories)\n\t1 serving Toaster-Oven Tostada\n\tDaily Totals: 1,206 calories, 55 g protein, 187 g carbohydrates, 55 g fiber, 39 g fat, 8 g sat. fat., 1,203 mg sodium.");

}

else if (age>=20 && weight>=50)

{ printf(" ");

printf("\n\n\t\tBreakfast (328 calories)\n\t1 cup bran cereal\n\t1 cup skim milk\n\t1 cup blueberries");

printf("\n\n\t\tA.M. Snack (62 calories)\n\t1 medium orange");

printf("\n\n\t\tLunch (296 calories)\n\t1 serving Tuna, White Bean & Dill Salad\n\tMeal-Prep Tip: Save a serving of the tuna salad to have for lunch on Day 7");

printf("\n\n\t\tP.M. Snack (64 calories)\n\t1 cup raspberries");

printf("\n\n\t\tDinner (457 calories)\n\t1 serving Toaster-Oven Tostada\n\tDaily Totals: 1,206 calories, 55 g protein, 187 g carbohydrates, 55 g fiber, 39 g fat, 8 g sat. fat., 1,203 mg sodium.");

}

else

{

printf("");

printf("\n\n\t\tBreakfast (328 calories)\n\t1 cup bran cereal\n\t1 cup skim milk\n\t1 cup blueberries");

printf("\n\n\t\tA.M. Snack (62 calories)\n\t1 medium orange");

printf("\n\n\t\tLunch (296 calories)\n\t1 serving Tuna, White Bean & Dill Salad\n\tMeal-Prep Tip: Save a serving of the tuna salad to have for lunch on Day 7");

printf("\n\n\t\tP.M. Snack (64 calories)\n\t1 cup raspberries");

printf("\n\n\t\tDinner (457 calories)\n\t1 serving Toaster-Oven Tostada\n\tDaily Totals: 1,206 calories, 55 g protein, 187 g carbohydrates, 55 g fiber, 39 g fat, 8 g sat. fat., 1,203 mg sodium.");

}

break;

case 7: printf("\n");

if(age<=20&&weight<=50)

{

printf("\n\tBreakfast (355calories)\n");

printf(" \n\n\t 1 serving Avocado Egg Toast\n\t1 cup blueberriss\n\t A.M. Snack (64 calories) \n\t 1 cup raspberries");

printf("\n\n\t\t Lunch (366 calories)\n\t 1 servingTuna, White Bean & Dill Salad\n\t1 slice whole-wheat bread, toasted\n\t P.M. Snack (62 calories)\n\t 1 medium orange ");

printf("\n\n\t\t Dinner (374 calories)\n\t1 serving Skillet Lemon Chicken & Potatoes with KaleDaily Totals: 1,220 calories, 64 g protein, 132 g carbohydrates, 32 g fiber, 51 g fat, 9 g sat. fat., 1,275 mg sodium.");

}

else if (age<=20&&weight>=50)

{

printf("");

printf("\n\tBreakfast (355calories)\n");

printf(" \n\n\t 1 serving Avocado Egg Toast\n\t1 cup blueberriss\n\t A.M. Snack (64 calories) \n\t 1 cup raspberries");

printf("\n\n\t\t Lunch (366 calories)\n\t 1 servingTuna, White Bean & Dill Salad\n\t1 slice whole-wheat bread, toasted\n\t P.M. Snack (62 calories)\n\t 1 medium orange ");

printf("\n\n\t\t Dinner (374 calories)\n\t1 serving Skillet Lemon Chicken & Potatoes with KaleDaily Totals: 1,220 calories, 64 g protein, 132 g carbohydrates, 32 g fiber, 51 g fat, 9 g sat. fat., 1,275 mg sodium.");

}

else if (age>=20 &&weight<=50)

{

printf(".");

printf("\n\tBreakfast (355calories)\n");

printf(" \n\n\t 1 serving Avocado Egg Toast\n\t1 cup blueberriss\n\t A.M. Snack (64 calories) \n\t 1 cup raspberries");

printf("\n\n\t\t Lunch (366 calories)\n\t 1 servingTuna, White Bean & Dill Salad\n\t1 slice whole-wheat bread, toasted\n\t P.M. Snack (62 calories)\n\t 1 medium orange ");

printf("\n\n\t\t Dinner (374 calories)\n\t1 serving Skillet Lemon Chicken & Potatoes with KaleDaily Totals: 1,220 calories, 64 g protein, 132 g carbohydrates, 32 g fiber, 51 g fat, 9 g sat. fat., 1,275 mg sodium.");

}

else if (age>=20 && weight>=50)

{ printf("");

printf("\n\tBreakfast (355calories)\n");

printf(" \n\n\t 1 serving Avocado Egg Toast\n\t1 cup blueberriss\n\t A.M. Snack (64 calories) \n\t 1 cup raspberries");

printf("\n\n\t\t Lunch (366 calories)\n\t 1 servingTuna, White Bean & Dill Salad\n\t1 slice whole-wheat bread, toasted\n\t P.M. Snack (62 calories)\n\t 1 medium orange ");

printf("\n\n\t\t Dinner (374 calories)\n\t1 serving Skillet Lemon Chicken & Potatoes with KaleDaily Totals: 1,220 calories, 64 g protein, 132 g carbohydrates, 32 g fiber, 51 g fat, 9 g sat. fat., 1,275 mg sodium.");

}

else

{

printf("");

printf("\n\tBreakfast (355calories)\n");

printf(" \n\n\t 1 serving Avocado Egg Toast\n\t1 cup blueberriss\n\t A.M. Snack (64 calories) \n\t 1 cup raspberries");

printf("\n\n\t\t Lunch (366 calories)\n\t 1 servingTuna, White Bean & Dill Salad\n\t1 slice whole-wheat bread, toasted\n\t P.M. Snack (62 calories)\n\t 1 medium orange ");

printf("\n\n\t\t Dinner (374 calories)\n\t1 serving Skillet Lemon Chicken & Potatoes with KaleDaily Totals: 1,220 calories, 64 g protein, 132 g carbohydrates, 32 g fiber, 51 g fat, 9 g sat. fat., 1,275 mg sodium.");

}

break;

default : printf("\n\t\tMr.%s you enter worng Key ",a);

printf("\n\t\t\tPlease restart program");

break;

}

break;

default : printf("\n\t\tMr.%s you enter worng Key ",a);

printf("\n\t\t\t Please restart program");

break;

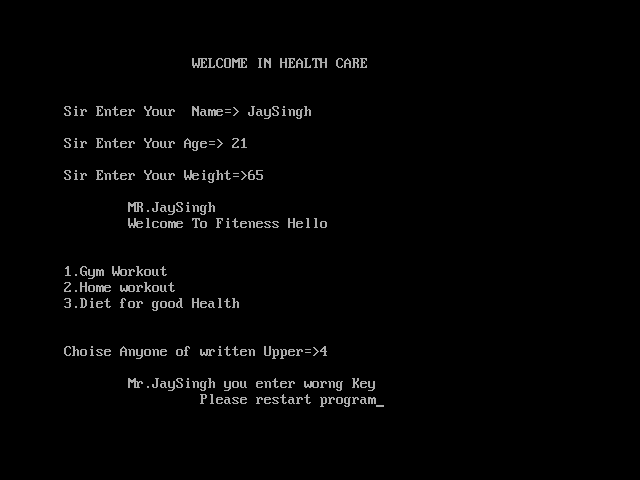
}

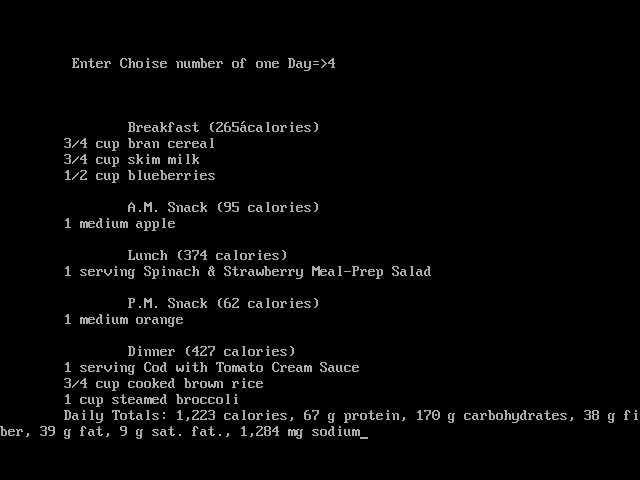
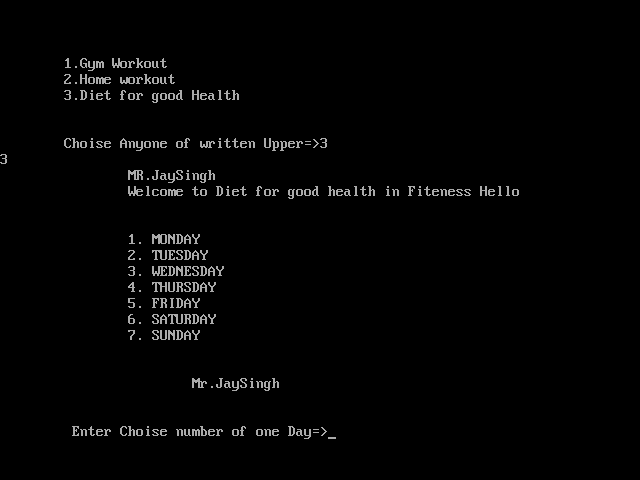
// printf("%s",a);

getch();

}

**SNAPSHOT**

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**CONCLUSION**

‘Physical Health Care’ system allows the user to store the medicine details, the details of person who is in the gym, gym equipment details etc. This software package allows storing the details of all the data related to gymnasium. The system is strong enough to withstand regressive yearly operations under conditions where the database is maintained and cleared over a certain time of span. The implementation of the system in the organization will considerably reduce data entry, time and also provide readily calculated reports.

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**EBOOK--JAVA COMPLETE REFERENCE**