

Wellness Thrive Hub

- Welcome page will appear which shows the name of app , signup option and login option.

```
==== Wellness Thrive Hub ====
Your GlowUp||Your Vibe

1. Signup
2. Login
Enter your choice: |
```

- If the user is first time using this app, he has to firstly signup.

```
*** SIGNUP ***
Create a username: sania
Create a password: 123
```

- After signup, user needs to select the login menu choice.

```
*** SIGNUP ***  
Create a username: sania  
Create a password: 123  
  
Signup successful! Please login to continue.  
  
1. Signup  
2. Login  
Enter your choice:
```

- If the username and password of login matched with username and password of signup then login will be successful and user can access to main menu otherwise user has to signup again.

```
*** LOGIN ***  
Enter username: sania  
Enter password: 123
```

- After successfully login, the main menu will appear. The main menu shows 12 different features. User can access the feature by entering the corresponding feature number.

```
=====Main Menu=====

***Self Assessment Tools***

1. BMI Calculator
2. Fat Percentage Calculator
3. Calorie Burn Calculator

***Educational and Awareness***

4. Food Calorie Chart
5. Water and Sleep Tips
6. Age and Gender Based Health Tips
7. Stress and Mood Tracker

***Personalized Fitness Planning***

8. Calorie Tracker
9. Macro Nutrient Split Calculator
10. Water Intake Calculator
11. Intermittent Fasting Planner

***Utility***
12. Exit App
Enter your choice:
```

- When the user enters 1, BMI Calculator will be displayed on screen.

```
=====BMI Calculator=====
Enter your height in meters: 34
Enter your Weight in kilograms: 89

*** BMI Result ***

Your BMI is: 0.08
Category: You are Underweight.
Advice: Increase healthy calorie intake.

What would you like to do next?
Enter 0 to return to the main menu
Enter 1 to use this calculator again
Your choice:
```

- When the user enters 2, Fat Percentage Calculator will be displayed on screen.

```
=====Fat Percentage Calculator=====
Enter your gender (M/F): f
Enter your height (inches): 56
Enter your neck circumference (inches): 12
Enter your waist circumference (inches): 45
Enter your hip circumference (inches): 89
Warning: Calculated body fat (70.05%) is invalid. Please recheck your inputs.
Enter your gender (M/F): f
Enter your height (inches): 45
Enter your neck circumference (inches): 11
Enter your waist circumference (inches): 23
Enter your hip circumference (inches): 67
Your Body Fat: 46.54 %
Category: Obese
Focus on consistent healthy habits daily.

What would you like to do next?
Enter 0 to go back to the main menu
Enter 1 to use this calculator again
Your choice:
```

- When the user enters 3, Calorie Burn Calculator will be displayed on screen.

```
=====Calorie Burn Calculator=====
Enter your gender (M/F): f
Enter your age: 19
Enter your weight(kg): 78
Enter your height(cm): 34
Activity Types
1. Sitting quietly
2. Standing
3. Walking (slow, 2 mph)
4. Yoga
5. Stretching
6. Walking (brisk, 4 mph)
7. Dancing (slow)
8. House Cleaning
9. Gardening
10. Dancing (moderate)
11. Running (moderate, 6 mph)
12. Running (fast, 7.5 mph)
13. Jumping Rope
14. Swimming (freestyle, moderate)
15. Cycling (leisure)
16. Cycling (fast pace)
17. Aerobics
18. Weight Training (vigorous)
Enter your choice (1-18): 1
MET Value: 1.3
Enter duration in hours for this activity: 5
Your BMR: 1385.70
Calories burned: 375.29kcal
Do you want to add more activities? (Y/N): n
Total Calories Burned: 375.29kcal
Strong energy burn - your body thanks you for the movement!

What would you like to do next?
Enter 0 to go back to the main menu
Enter 1 to use this calculator again
Your choice:
```

- When the user enters 4, Food Calorie Chart will be displayed on screen.

=====Food Calorie Chart=====			
No.	Food Item	Serving Size	Calories kcal
1	Paratha	1 piece (100g)	280 kcal
2	Omelette	1 egg	100 kcal
3	Boiled Egg	1 egg	78 kcal
4	Toast	1 slice	70 kcal
5	Chapati	1 piece (50g)	130 kcal
6	Cereal	1 cup	110 kcal
7	Cereal (with Milk)	1 bowl	200 kcal
8	Coffee (Black)	1 cup	2 kcal
9	Coffee (Milk)	1 cup	100 kcal
10	Tea	1 cup	60 kcal
11	Milk	1 cup	130 kcal
12	Banana	1 medium	105 kcal
13	Oatmeal	1 bowl	150 kcal
14	Peanut Butter	1 tbsp	95 kcal
15	Honey	1 tbsp	64 kcal
16	Jam	1 tbsp	55 kcal
17	Chicken Curry	1 cup	275 kcal
18	Daal	1 cup	180 kcal
19	Rice	1 cup	200 kcal
20	Vegetable Curry	1 cup	175 kcal
21	Yogurt	1 cup	120 kcal
22	Mutton	100g	280 kcal
23	Beef	100g	275 kcal
24	Pasta	1 cup	220 kcal
25	Brown Bread	1 slice	80 kcal
26	Cheese Slice	1 slice	80 kcal
27	Sweet Lassi	1 glass	225 kcal
28	Samosa	1 piece	175 kcal
29	Pakora	100g	275 kcal
30	Popcorn	1 cup	40 kcal
31	Bun Kebab	1 piece	350 kcal
32	Biscuits	2 pieces	100 kcal
33	Pizza Slice	1 slice	300 kcal
34	Cream Cake	1 slice	375 kcal
35	Ice Cream	1 scoop	135 kcal
36	Lays Chips	1 packet (25g)	130 kcal
37	Fries	1 serving	325 kcal
38	Zinger Burger	1 burger	600 kcal

18	Daal	1 cup	180 kcal
19	Rice	1 cup	200 kcal
20	Vegetable Curry	1 cup	175 kcal
21	Yogurt	1 cup	120 kcal
22	Mutton	100g	280 kcal
23	Beef	100g	275 kcal
24	Pasta	1 cup	220 kcal
25	Brown Bread	1 slice	80 kcal
26	Cheese Slice	1 slice	80 kcal
27	Sweet Lassi	1 glass	225 kcal
28	Samosa	1 piece	175 kcal
29	Pakora	100g	275 kcal
30	Popcorn	1 cup	40 kcal
31	Bun Kebab	1 piece	350 kcal
32	Biscuits	2 pieces	100 kcal
33	Pizza Slice	1 slice	300 kcal
34	Cream Cake	1 slice	375 kcal
35	Ice Cream	1 scoop	135 kcal
36	Lays Chips	1 packet (25g)	130 kcal
37	Fries	1 serving	325 kcal
38	Zinger Burger	1 burger	600 kcal
39	Cold Drink	1 can	139 kcal
40	Sprite	1 glass	150 kcal
41	Energy Drink	1 can	130 kcal
42	Diet Cola	1 can	2 kcal
43	Mayonnaise	1 tbsp	90 kcal
44	Ketchup	1 tbsp	20 kcal
45	Boiled Rice	1 cup	200 kcal
46	Grilled Chicken	100g	200 kcal
47	Veg Soup	1 bowl	100 kcal
48	Salad	1 bowl	60 kcal
49	Protein Bar	1 bar	225 kcal
50	Protein Shake	1 glass	275 kcal
51	Milkshake	1 glass	300 kcal
52	Dark Chocolate	1 square	55 kcal
53	Fresh Cream	1 tbsp	52 kcal
54	Mango	1 medium	150 kcal
55	Orange	1 medium	62 kcal
56	Fruit Juice	1 glass	120 kcal

Enter 0 to go back to the main menu:

- When the user enters 5, Sleep and Water Tips will be displayed on screen.

```
=====Sleep and Water Tips=====

Mind and Body Refresh
Boost your energy with sleep and hydration tips.
1. Time for a water break? Let's talk hydration tips.
2. Ready to Recharge? Explore Your Sleep Boosting Tips.
3. Let's go back to main menu.
Select your Wellness path: 1
- Sip. Glow. Thrive. - Your Water Wellness Guide.
- Start your day with a warm glass of water with honey- your body loves a morning refresh.
- Keep a cute water bottle with you - make hydration stylish.
- Add lemon, cucumber, or mint for a fresh twist on your water.
- Drink a glass of water 30 minutes before each meal - supports digestion.
- Water boosts skin glow - it's the best natural skincare routine.
- Staying hydrated helps you think clearly and stay focused.
- Set water reminders on your phone - hydration is self-love Hydration keeps your kidneys happy and healthy.
- Eat water-rich foods like watermelon, cucumber, and oranges.
- Staying hydrated may reduce headaches and fatigue.
- Hydration supports glowing hair and healthy nails too.
- Water is life - be kind to your body, and keep it flowing.

Mind and Body Refresh
Boost your energy with sleep and hydration tips.
1. Time for a water break? Let's talk hydration tips.
2. Ready to Recharge? Explore Your Sleep Boosting Tips.
3. Let's go back to main menu.
Select your Wellness path: 2
- Sleep Tips to Reset, Refresh, and Reenergize.
- Go to bed and wake up at the same time every day-even on weekends.
- Avoid caffeine or energy drinks at least 6 hours before bedtime.
- Create a calming bedtime routine: dim lights, relaxing music or deep breathing.
- Keep your bedroom cool, quiet, and dark-ideal for deep sleep.
- Limit screen time (phones/laptops) 1 hour before sleep.
- Read a book or journal instead of scrolling social media.
- Avoid heavy meals and sugary snacks before bedtime.
- Stay physically active during the day-it helps you fall asleep faster.
- Try deep breathing: inhale 4s, hold 4s, exhale 4s to relax.
- If you can not sleep, get up, do something calm, and return to bed when sleepy.
- Limit naps to 20-30 minutes during the day.
- Remind yourself: good sleep = sharper focus, better mood, stronger immunity!
- Sleep Softly, Dream Bright - Boost Your Rest.
```


- When the user enters 6, Age and Gender based Tips will be displayed on screen.

```
***age and Gender Based Tips***
Enter your age: 19
Enter your gender: f
Category: Teenager
Focus: Puberty, Skin, Mental Health, Nutrition.
- Iron-rich foods like spinach and dates prevent weakness.
- Clean your face gently twice a day - no harsh scrubs.
- Avoid comparing yourself - love who you are.
- Eat on time - skipping meals affects hormones.
- Share your feelings with someone you trust.
- Practice self-care - journaling or a short walk helps.

What would you like to do next?
Enter 0 to go back to the main menu
Enter 1 to show this menu again
Your choice:
```

- When the user enters 7, Stress and Mood Tracker will be displayed on screen.

```
=====Stress and Mood Tracker=====
Select your current mood
1. Happy
2. Sad
3. Angry
4. Stressed
5. Calm
Enter your choice: 5
- You're in a peaceful state - keep this calm energy flowing.
Calm Mood Vibing Food:
- Chamomile Tea - Naturally calming and reduces anxiety
- Warm Oatmeal - Boosts serotonin and keeps you full
- Bananas - Rich in magnesium and help relax muscles
- Leafy Greens - Contain folate which supports a peaceful mind
- Warm Milk - Contains tryptophan to promote calmness
- Dark Chocolate - Enhances mood (just a little is enough!)
- Fatty Fish (Salmon) - Omega-3s for emotional balance
- Berries - Antioxidants to fight stress and support brain health
Remainder: Your calm energy affects everyone around you
- Being calm doesn't mean doing nothing - it means doing things peacefully
- Peace is not found outside, but within

What would you like to do next?
Enter 0 to go back to the main menu
Enter 1 to show this mood tracker again
Your choice:
```

- When the user enters 8, Calorie Tracker will be displayed on screen.

=====Calorie Tracker=====			
No.	Food Item	Serving Size	Calories kcal

1	Paratha	1 piece (100g)	280 kcal
2	Omelette	1 egg	100 kcal
3	Boiled Egg	1 egg	78 kcal
4	Toast	1 slice	70 kcal
5	Chapati	1 piece (50g)	130 kcal
6	Cereal	1 cup	110 kcal
7	Cereal (with Milk)	1 bowl	200 kcal
8	Coffee (Black)	1 cup	2 kcal
9	Coffee (Milk)	1 cup	100 kcal
10	Tea	1 cup	60 kcal
11	Milk	1 cup	130 kcal
12	Banana	1 medium	105 kcal
13	Oatmeal	1 bowl	150 kcal
14	Peanut Butter	1 tbsp	95 kcal
15	Honey	1 tbsp	64 kcal
16	Jam	1 tbsp	55 kcal
17	Chicken Curry	1 cup	275 kcal
18	Daal	1 cup	180 kcal
19	Rice	1 cup	200 kcal
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35	Ice Cream	1 scoop	135 kcal
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37	Fries	1 serving	325 kcal
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48	Salad	1 bowl	60 kcal
49	Protein Bar	1 bar	225 kcal
50	Protein Shake	1 glass	275 kcal
51	Milkshake	1 glass	300 kcal
52	Dark Chocolate	1 square	55 kcal
53	Fresh Cream	1 tbsp	52 kcal
54	Mango	1 medium	150 kcal
55	Orange	1 medium	62 kcal
56	Fruit Juice	1 glass	120 kcal

Enter the food item number (0 to finish): 5

Enter number of servings: 1

Calories consumed: 130

Enter the food item number (0 to finish): 45

Enter number of servings: 3

Calories consumed: 600

Enter the food item number (0 to finish): 0

Total Calories Consumed Today: 730 kcal

What would you like to do next?

Enter 0 to return to the main menu

Enter 1 to track again

Your choice:

- When the user enters 9, Macro Nutrient Split Calculator will be displayed on screen.

```
=====Macro Nutrient Split Calculator=====
Enter your gender (M/F): m
Body Types:
E - Ectomorph
M - Mesomorph
N - Endomorph
Enter your body type (E/M/N): n
Activity Levels:
1 - Sedentary
2 - Lightly Active
3 - Moderately Active
4 - Very Active
5 - Super Active
Enter your activity level (1-5): 5
Fitness Goals:
1 - Fat Loss
2 - Maintenance
3 - Weight Gain
Enter your goal (1-3): 2
===== Macronutrient Report =====
Gender: m
Body Type: n
Base Calories: 2200.00
TDEE (Total Daily Energy Expenditure): 4180.00
Target Calories (Goal Adjusted): 4180.00
Protein: 418.00 g
Carbs: 365.75 g
Fat: 116.11 g
Per Meal:
Protein: 104.50 g      Carbs: 91.44 g      Fat: 29.03 g
Body Type Tip:
Stick to high protein, lower carb, and cardio-focused training.

What would you like to do next?
Enter 0 to go back to the main menu
Enter 1 to use this calculator again
Your choice:
```

- When the user enters 10, Water Intake Calculator will be displayed on screen.

```
=====Water Intake Calculator=====
Enter your weight (in kg): 78
Enter your gender (M/F): m
Enter your age (in years): 32
Select your activity level:
1. Sedentary
2. Moderate
3. Active
4. Very Active (Athlete)
Enter choice (1-4): 2
Select your climate:
1. Cold
2. Moderate
3. Hot
Enter choice (1-3): 3

Recommended Daily Water Intake: 4.34 Liters
How much water do you drink per day (in liters)? 3

Hydration Feedback:
You are severely underhydrated! Increase water intake immediately.

What would you like to do next?
Enter 0 to go back to the main menu
Enter 1 to use this calculator again
Your choice:
```

- When the user enters 11, Intermittent Fasting Calculator will be displayed on screen.

```
=====Intermittent Fasting Planner=====
Enter your gender (M/F): f
Enter your age: 19

What's your wellness goal?
1. Fat Loss
2. Muscle Gain
3. General Wellness
Enter your choice (1-3): 1
  Personalized Fasting Plan for You
Recommended Plan: 16:8
Fasting: 8 PM - 12 PM next day
Eating: 12 PM - 8 PM
Burn fat while your body heals!

What would you like to do next?
Enter 0 to go back to the main menu
Enter 1 to use this planner again
Your choice:
```

- When the user enters 12, Exit screen will be displayed.

```
Thanks for using Wellness Thrive Hub
Take good care of yourself.
Your GlowUp starts now
Discipline today= Vibes tomorrow

-----
Process exited after 14.99 seconds with return value 0
Press any key to continue . . .
```