// Declare constants

Constant Integer DAYS = 7

Constant Integer MAXSTEPS = 50000

// Declare variables

Declare Integer steps[DAYS] // Each element holds steps for a day

Declare Integer index

Declare Integer totalSteps = 0

Declare Real averageSteps

// For each day, get a valid step count

For index = 0 To DAYS - 1

Display "Enter the number of steps for Day " & (index + 1) & ": "

Input steps[index]

// Validate the input

While steps[index] < 0 OR steps[index] > MAXSTEPS

Display "ERROR: Steps must be from 0 to " & MAXSTEPS & ". Please re-enter."

Input steps[index]

End While

End For

// Sum all steps

For index = 0 To DAYS - 1

Set totalSteps = totalSteps + steps[index]

End For

// Compute the average

Set averageSteps = totalSteps / DAYS

// Display the total and average

Display "Total steps this week: ", totalSteps

Display "Average daily steps: ", averageSteps