CS230 FINAL PROJECT

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SUMMARY

- This program will promot users for infomation input.

- The program will provided personal BMI, BMR, Daily Calories needed and Fitness Advice to users based on users' information and choices.

- Base on the information gathered, a customized customer file is saved in the folder.

USER

Basic Information
- Name
  - First Name
  - Last Name
  - Create File with First name and Last name
- Gender → Check if input is valid
- Birthday → Convert to age
- Height
  - User select unit
  - check selection
  - Convert Unit (cm in)
- Weight
  - User select unit
  - check selection
  - Convert Unit (lb kg)

BMI → Calculation

Calories
- BMR → Calculation
- Active level
  - Selection ← Text in and on file
  - Check selection
  - Calories Need

Goal and Advice
- Select Goal
- Check selection
- Advice ← Text in and on file

Reference ← Text in and on file