**import** datetime  
**def** gettime():  
 **return** datetime.datetime.now()  
**def** take(k):  
 **if** k==1:  
 c=int(input(**"enter 1 for excersise and 2 for food"**))  
 **if**(c==1):  
 value=input(**"type here\n"**)  
 **with** open(**"harry-ex.txt"**,**"a"**) **as** op:  
 op.write(str([str(gettime())])+**": "**+value+**"\n"**)  
 print(**"successfully written"**)  
 **elif**(c==2):  
 value = input(**"type here\n"**)  
 **with** open(**"harry-food.txt"**, **"a"**) **as** op:  
 op.write(str([str(gettime())]) + **": "** + value + **"\n"**)  
 print(**"successfully written"**)  
 **elif**(k==2):  
 c = int(input(**"enter 1 for excersise and 2 for food"**))  
 **if** (c == 1):  
 value = input(**"type here\n"**)  
 **with** open(**"rohan-ex.txt"**, **"a"**) **as** op:  
 op.write(str([str(gettime())]) + **": "** + value + **"\n"**)  
 print(**"successfully written"**)  
 **elif** (c == 2):  
 value = input(**"type here\n"**)  
 **with** open(**"rohan-food.txt"**, **"a"**) **as** op:  
 op.write(str([str(gettime())]) + **": "** + value + **"\n"**)  
 print(**"successfully written"**)  
 **elif**(k==3):  
 c = int(input(**"enter 1 for excersise and 2 for food"**))  
 **if** (c == 1):  
 value = input(**"type here\n"**)  
 **with** open(**"hammad-ex.txt"**, **"a"**) **as** op:  
 op.write(str([str(gettime())]) + **": "** + value + **"\n"**)  
 print(**"successfully written"**)  
 **elif** (c == 2):  
 value = input(**"type here\n"**)  
 **with** open(**"hammad-food.txt"**, **"a"**) **as** op:  
 op.write(str([str(gettime())]) + **": "** + value + **"\n"**)  
 print(**"successfully written"**)  
 **else**:  
 print(**"plz enter valid input (1(harry),2(rohan),3(hammad)"**)  
**def** retrieve(k):  
 **if** k==1:  
 c=int(input(**"enter 1 for excersise and 2 for food"**))  
 **if**(c==1):  
 **with** open(**"harry-ex.txt"**) **as** op:  
 **for** i **in** op:  
 print(i,end=**""**)  
 **elif**(c==2):  
 **with** open(**"harry-food.txt"**) **as** op:  
 **for** i **in** op:  
 print(i, end=**""**)  
 **elif**(k==2):  
 c = int(input(**"enter 1 for excersise and 2 for food"**))  
 **if** (c == 1):  
 **with** open(**"rohan-ex.txt"**) **as** op:  
 **for** i **in** op:  
 print(i, end=**""**)  
 **elif** (c == 2):  
 **with** open(**"rohan-food.txt"**) **as** op:  
 **for** i **in** op:  
 print(i, end=**""**)  
 **elif**(k==3):  
 c = int(input(**"enter 1 for excersise and 2 for food"**))  
 **if** (c == 1):  
 **with** open(**"hammad-ex.txt"**) **as** op:  
 **for** i **in** op:  
 print(i, end=**""**)  
 **elif** (c == 2):  
 **with** open(**"hammad-food.txt"**) **as** op:  
 **for** i **in** op:  
 print(i, end=**""**)  
 **else**:  
 print(**"plz enter valid input (harry,rohan,hammad)"**)  
print(**"health management system: "**)  
a=int(input(**"press 1 for lock the value and 2 for retrieve "**))  
  
**if** a==1:  
 b = int(input(**"press 1 for harry 2 for rohan 3 for hammad "**))  
 take(b)  
**else**:  
 b = int(input(**"press 1 for harry 2 for rohan 3 for hammad "**))  
 retrieve(b)