*# -------------------------------- Healthy Programmer ----------------------- #  
'''  
A programmer works from 9am to 5pm = 8 hours.  
water = water.mp3 (3.5 ltr) - code = Drank - log into file with time  
eyes = eyes.mp3 (30 min) - code = Break - log into file with time  
exercise = exercise.mp3 (45 min) - code = Exercise - log into file with time  
  
Modules to Use :  
Time - time and date  
Pygame - to play audio  
  
# -------------------------- Water ------------------- #  
1 glass = 200ml  
1 ltr = 1000ml  
3.5ltr = 3500ml  
total = 18 glasses  
time = 26.6 min  
  
# ----------------------- Eyes ----------------- #  
Eyes\_time = every 30min  
total = 16 times  
  
  
# ------------------------ Phy Exercise ---------------- #  
Physical\_time = every 45 min  
total = 10  
'''  
  
  
# -------------------------- Lets Starts --------------------------- #***import** time  
**from** pygmy **import** mixer  
  
  
*# ---------------------- mp3 ----------------------- #***def** water\_music():  
 mixer.init()  
 mixer.music.load(**'C:\\Users\shehe\Downloads\Music\water.mp3.mp3'**)  
 mixer.music.play()  
  
  
**def** eyes\_music():  
 mixer.init()  
 mixer.music.load(**'C:\\Users\shehe\Downloads\Music\eyes.mp3'**)  
 mixer.music.play()  
  
  
**def** phy\_music():  
 mixer.init()  
 mixer.music.load(**'C:\\Users\shehe\Downloads\Music\physical.mp3'**)  
 mixer.music.play()  
  
  
*# ----------------- Time ---------------- #***from** datetime **import** datetime  
  
now = datetime.now()  
current\_time = now.strftime(**"%H:%M:%S"**)  
print(**"Current Time ="**, current\_time)  
  
  
*# ------------------ Water Func ------------------- #***def** water\_drink():  
 **for** i **in** range(18): *# 18 times* time.sleep(1597) *# every 26.6 minute == 1597 secs* water\_music()  
 user = input(**'If you Drank water, so please enter the Water code: '**).upper()  
 **if** user == **'DRANK'**:  
 **with** open(**'Water.txt'**, **'a'**) **as** f:  
 f.write(**f'At {**datetime.now()**} Sherry Drink Water\n'**)  
 mixer.music.stop()  
 **else**:  
 print(**'Invalid Input'**)  
  
  
*# ------------------------ Eyes Func ----------------------- #***def** eyes\_relaxation():  
 **for** i **in** range(16): *# 16 times* time.sleep(1800) *# every 30 minute == 1800 secs* eyes\_music()  
 user = input(**'This is Eyes relaxation time, when you Done please Enter Eyes Code: '**).upper()  
 **if** user == **'EYDONE'**:  
 **with** open(**'Eyes.txt'**, **'a'**) **as** f:  
 f.write(**f'At {**datetime.now()**} Sherry Done Eyes Exercise\n'**)  
 mixer.music.stop()  
 **else**:  
 print(**'Invalid Input'**)  
  
  
*# ---------------------------- Ph Exercise Func ---------------------------- #***def** phy\_exercise():  
 **for** i **in** range(10): *# 10 times* time.sleep(2700) *# every 45 minute == 2700 secs* phy\_music()  
 user = input(**'This is Physical Exercise time, when you Done please Enter Physical Code: '**).upper()  
 **if** user == **'PHDONE'**:  
 **with** open(**'Exercise.txt'**, **'a'**) **as** f:  
 f.write(**f'At {**datetime.now()**} Sherry Done Physical Exercise\n'**)  
 mixer.music.stop()  
 **else**:  
 print(**'Invalid Input'**)  
  
  
*# ----------------------------- Main Function ---------------- #***while** current\_time >= **'09:00:00' and** current\_time <= **'17:00:00'**:  
 **if** current\_time > **'17:00:00'**:  
 **pass  
 else**:  
 water\_drink()  
 eyes\_relaxation()  
 phy\_exercise()  
 **break**