

Health Assessment Program

The first part of the program which is the main menu

```
*****
Choose what aspect of health you want to assess:
1. Mental Health
2. Physical Health
3. Nutrition
4. Exit
*****
Enter your choice (1-4): █
```

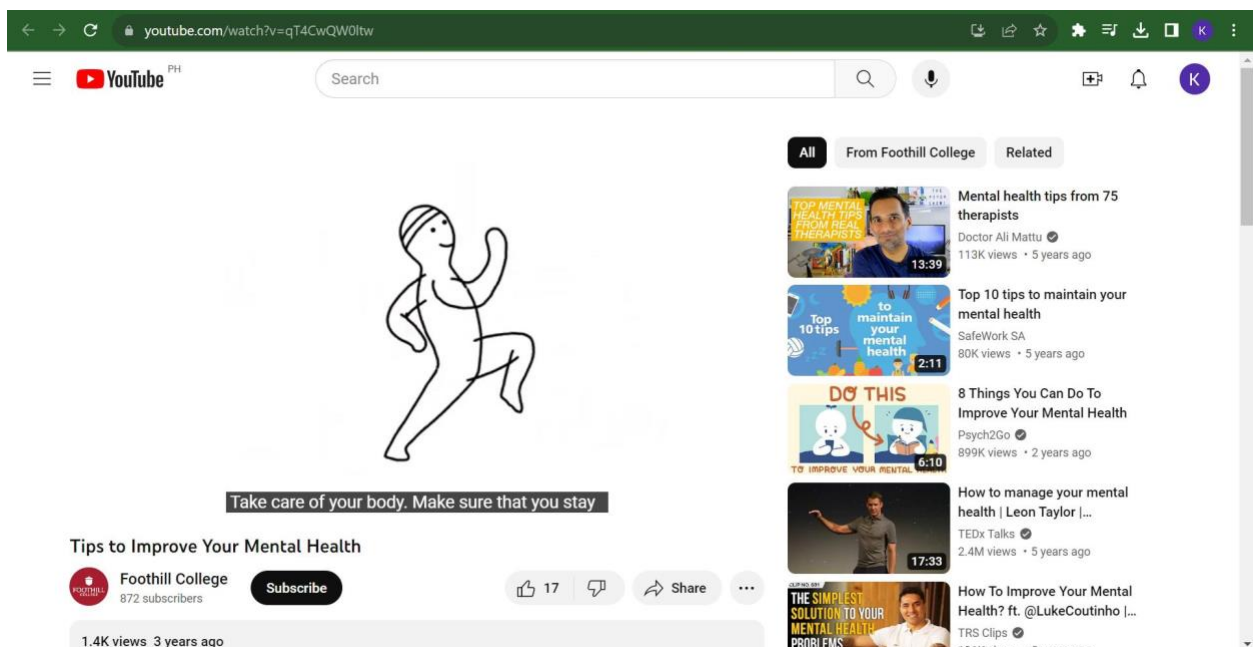
After choosing what aspect of health the system will give a 10 question that the user will answer.

```
*****
Choose what aspect of health you want to assess:
1. Mental Health
2. Physical Health
3. Nutrition
4. Exit
*****
Enter your choice (1-4): 1
Do you often practice stress-reducing activities? (Yes or No): No
Do you maintain a healthy sleep routine? (Yes or No): No
Have you experienced positive changes in your mood recently? (Yes or No): No
Do you prioritize self-care to avoid constant fatigue? (Yes or No): No
Do you actively challenge and replace negative thoughts? (Yes or No): No
Do you enjoy moments of solitude for self-reflection? (Yes or No): No
Are you mindful and intentional in your thinking? (Yes or No): No
Do you practice self-compassion? (Yes or No): No
Do you focus on your personal growth rather than comparisons? (Yes or No): No
Do you recognize and appreciate your strengths? (Yes or No): No
MentalHealth Assessment Completed!
Your MentalHealth Score: 0
Seems like you struggling in this aspect of health.
We would like you to watch this: https://www.youtube.com/watch?v=qT4CwQW0ltw
Press Enter to go to the main menu...
```

The program will also suggest an accessible video based on their score.

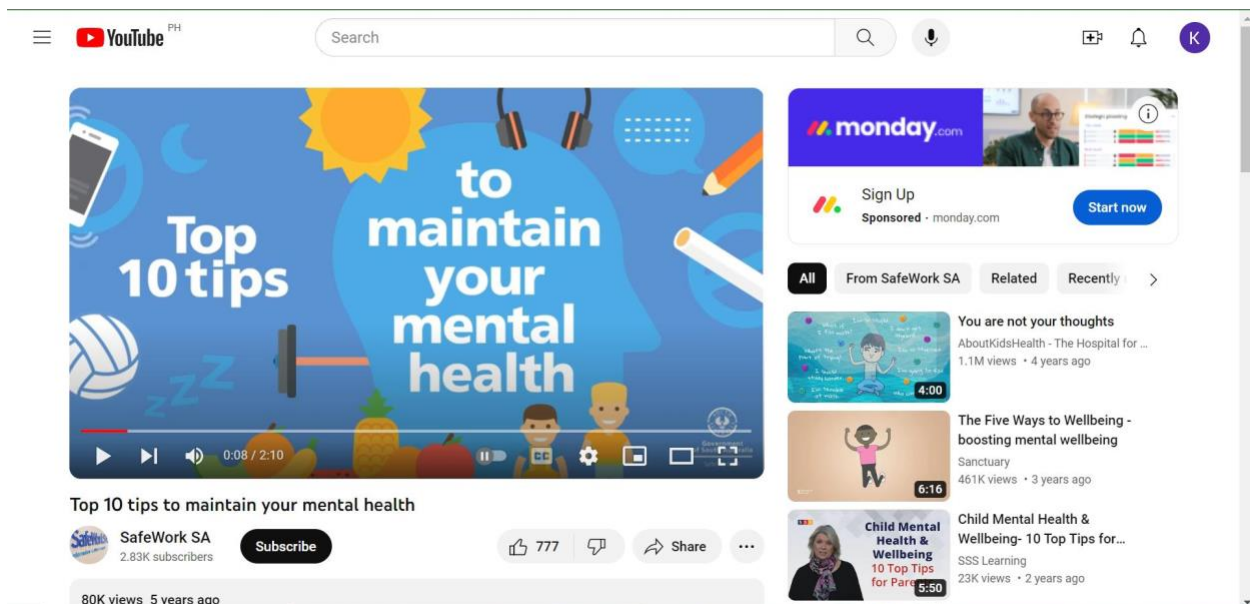
```
Your Nutrition Score: 0
Seems like you struggling in this
We would like you to watch this: https://www.youtube.com/watch?v=jwWpTAXu-Sg
Press Enter to go to the main menu...
```

If you're struggling in mental health, this is the recommended video.



A fine mental health will also recommend a video on how to maintain it.

```
*****
Choose what aspect of health you want to assess:
1. Mental Health
2. Physical Health
3. Nutrition
4. Exit
*****
Enter your choice (1-4): 1
Do you often practice stress-reducing activities? (Yes or No): No
Do you maintain a healthy sleep routine? (Yes or No): Yes
Have you experienced positive changes in your mood recently? (Yes or No): Yes
Do you prioritize self-care to avoid constant fatigue? (Yes or No): Yes
Do you actively challenge and replace negative thoughts? (Yes or No): Yes
Do you enjoy moments of solitude for self-reflection? (Yes or No): Yes
Are you mindful and intentional in your thinking? (Yes or No): Yes
Do you practice self-compassion? (Yes or No): Yes
Do you focus on your personal growth rather than comparisons? (Yes or No): Yes
Do you recognize and appreciate your strengths? (Yes or No): Yes
MentalHealth Assessment Completed!
Your MentalHealth Score: 9
Your MentalHealth is fine! Watch: https://www.youtube.com/watch?v=-OAJfrhuwRk
```



The image shows a YouTube video player interface. The main video is titled "Top 10 tips to maintain your mental health" by the channel "SafeWork SA", which has 2.83K subscribers. The video has 80K views and was uploaded 5 years ago. The video player shows a progress bar at 0:08 / 2:10. To the right of the video player, there are recommendations for other videos, including "You are not your thoughts" by AboutKidsHealth, "The Five Ways to Wellbeing - boosting mental wellbeing" by Sanctuary, and "Child Mental Health & Wellbeing- 10 Top Tips for Parents" by SSS Learning.

After assessing a health aspect the program will ask to user to enter to go to the main menu and the program will ask the user again if he wants to assess another aspect of health.

A fine mental health and the recommended video.

```
*****
Choose what aspect of health you want to assess:
1. Mental Health
2. Physical Health
3. Nutrition
4. Exit
*****
Enter your choice (1-4): 2
Do you play any physical sports? (Yes or No): Yes
Do you have a balanced diet. (Yes or No): Yes
Do you get enough quality sleep? (Yes or No): Yes
Do you manage stress physically? (Yes or No): Yes
Do you take breaks when working physically? (Yes or No): Yes
Do you exercise or workout? (Yes or No): Yes
Do you have enough energy for the day? (Yes or No): Yes
Does your body sweat more often from physical activities than from heat? (Yes or No): Yes
Do you practice proper hygiene? (Yes or No): Yes
Are you attentive to any signs of discomfort or pain in your body, seeking appropriate care when needed? (Yes or No): Yes
PhysicalHealth Assessment Completed!
Your PhysicalHealth Score: 10
Your PhysicalHealth is fine! Watch: https://www.youtube.com/watch?v=qTHVnGA5rzU
Press Enter to go to the main menu...
```

The screenshot shows the YouTube channel page for 'Manipal Hospitals'. The channel name is 'Manipal Hospitals' with a verified badge and 276K subscribers. The channel description reads: 'Team Physical Medicine & Rehabilitation Manipal Hospitals, Old Airport Road Pre'. Below the description, it says 'Basic Exercises to Maintain Health and Fitness - Mr. Arun Sagar, Manipal Hospitals India'. The channel has 5.1K likes and a 'Share' button. A 'Subscribe' button is also visible. On the right side, there is a sponsored advertisement for 'Lazada 12.12' with a 'Shop now' button. Below the ad, there are video recommendations: '20 Min Full Body Workout Routine for Beginners (Follow...)' by Fit Tuber, '10 min Every Morning Full Body Stretch | Cool down, Flexibility...' by Allblanc TV, and '12 Easy Exercises For Kids At Home' by Little Sports. The interface includes a search bar at the top and navigation icons on the left.

A struggling physical health and the recommended video.

```
*****
Choose what aspect of health you want to assess:
1. Mental Health
2. Physical Health
3. Nutrition
4. Exit
*****
Enter your choice (1-4): 2
Do you play any physical sports? (Yes or No): No
Do you have a balanced diet. (Yes or No): No
Do you get enough quality sleep? (Yes or No): No
Do you manage stress physically? (Yes or No): No
Do you take breaks when working physically? (Yes or No): No
Do you exercise or workout? (Yes or No): No
Do you have enough energy for the day? (Yes or No): No
Does your body sweat more often from physical activities than from heat? (Yes or No): No
Do you practice proper hygiene? (Yes or No): No
Are you attentive to any signs of discomfort or pain in your body, seeking appropriate care when needed? (Yes or No): No
PhysicalHealth Assessment Completed!
Your PhysicalHealth Score: 0
Seems like you struggling in this aspect of health.
We would like you to watch this: https://www.youtube.com/watch?v=Srvnee0ha3g
Press Enter to go to the main menu...
```

YouTube PH

Search

More than just physical

Physical Health

Aetna 61.8K subscribers

Subscribe

79 likes

9.6K views 1 year ago

What happens inside your body when you exercise? British Heart Foundation 1.7M views · 6 years ago

YOUR MENTAL HEALTH IS JUST AS IMPORTANT AS YOUR... Department of Health (Philippin... 52K views · 2 years ago

What is Mental Health? Mental Health at Work 776K views · 7 years ago

Winning The Mental Battle of Physical Fitness and Obesity |... TEDx Talks 2.6M views · 9 years ago

Physical and Mental Health Psych Hub 204K views · 3 years ago

A fine Nutrition and the recommended video.

```
*****
Choose what aspect of health you want to assess:
1. Mental Health
2. Physical Health
3. Nutrition
4. Exit
*****
Enter your choice (1-4): 3
Do you avoid daily intake of junk foods? (Yes or No): Yes
Do you consume a balanced diet? (Yes or No): Yes
Do you include variety of fruits and vegetables in your regular meals? (Yes or No): Yes
Are you mindful of portion sizes? (Yes or No): Yes
Do you stay hydrated throughout the day? (Yes or No): Yes
Do you have a daily meal plan? (Yes or No): Yes
Do you stop eating when you're full? (Yes or No): Yes
Are you taking any food supplement? (Yes or No): Yes
Do you always eat at the right time? (Yes or No): Yes
Do you avoid drinking alcohol? (Yes or No): Yes
Nutrition Assessment Completed!
Your Nutrition Score: 10
Your Nutrition is fine! Watch: https://www.youtube.com/watch?v=9G6qttNNYVo
Press Enter to go to the main menu...
```

The screenshot shows a YouTube video player interface. The video is titled "Healthy Eating (Habits You Can Maintain): Dietitian Tips" by Kristen Yarker, MSc, RD. The video has 2K views and was posted 1 year ago. The video content shows a woman, Kristen Yarker, speaking in front of a kitchen background with a refrigerator and a potted plant. To the right of the video player, there is a sidebar with related videos and a sponsored advertisement for GoDaddy Canada. The advertisement text reads: "Get your business ready for the holiday shopping season! Register your domain today. GoDaddy Canada. Sponsored by godaddy.com. Shop now." The related videos include "15 HEALTHY EATING TIPS", "BEGINNERS GUIDE TO HEALTHY EATING | 15 healthy...", "What I Eat In A Day As A Registered Dietitian Nutritionis...", and "NUTRITION 101 | Beginner's Guide to Healthy Eating".

A struggling Nutrition and the recommended video.

```
*****
Choose what aspect of health you want to assess:
1. Mental Health
2. Physical Health
3. Nutrition
4. Exit
*****
Enter your choice (1-4): 3
Do you avoid daily intake of junk foods? (Yes or No): No
Do you consume a balanced diet? (Yes or No): No
Do you include variety of fruits and vegetables in your regular meals? (Yes or No): No
Are you mindful of portion sizes? (Yes or No): No
Do you stay hydrated throughout the day? (Yes or No): No
Do you have a daily meal plan? (Yes or No): No
Do you stop eating when you're full? (Yes or No): No
Are you taking any food supplement? (Yes or No): No
Do you always eat at the right time? (Yes or No): No
Do you avoid drinking alcohol? (Yes or No): No
Nutrition Assessment Completed!
Your Nutrition Score: 0
Seems like you struggling in this aspect of health.
We would like you to watch this: https://www.youtube.com/watch?v=jwWpTAXu-Sg
Press Enter to go to the main menu...
```

YouTube interface showing a video player and recommendations.

The video player displays a woman speaking, with the title "BEGINNERS GUIDE TO HEALTHY EATING | 15 healthy eating tips". The video is from the channel "Clean & Delicious" (2.11M subscribers) and has 1.8M views, 6 years ago.

Recommendations on the right include:

- Apply for a UnionBank Credit Card
- Dr Layne Norton: The Science of Eating for Health, Fat Loss &...
- How I Cook 20 Healthy Meals in 1 HOUR
- WHAT'S IN MY FRIDGE | 10 healthy staples for easy meals...

And if the user wants to end the program he can input 4 on the choice to end or exit the program.

```
*****  
Choose what aspect of health you want to assess:  
1. Mental Health  
2. Physical Health  
3. Nutrition  
4. Exit  
*****  
Enter your choice (1-4): 4  
Exiting the program. Goodbye!
```