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CSCI 50 Final Project

**Source Code:**

1. User open Weight loss folder from desktop
2. User create new text file
3. User enter Daily Calorie intake and/or nutrition diary and/or daily weight and/or nothing (Select statement)
4. A do while statement will control what information the user wants to enter for the day (while !quit continue to offer the selection of choices, “Do you want to enter more information for today? Y = !quit N = quit)
5. If user enters daily calorie intake
   1. The user will choose breakfast, lunch, dinner, snack, dessert
   2. The user will enter the amount of calories consumed for that meal.
   3. The calories entered will be added to the total for that day.
   4. On a new day the calories will reset, but the old days will be kept in a log
   5. If the calorie consumption is above 2,000 then the machine will issue a warning, if the calorie count is below 1,000 the machine will enter a warning, else the machine will congratulate the user on correct calorie consumption
   6. Concatenate this information with the date into a new file which is stored in the weight loss folder
6. If user selects nutrition diary
   1. The user will be asked for what meal they would like to enter their daily food intake, select breakfast, lunch, snack, dinner, and dessert
   2. “How many items of food did you consume during $meal?”
   3. A for loop controls, string entry which adds the next string to the one before it, including a space.
   4. Concatenate this information into a new file storing the date in the weight loss folder
7. If user selects daily weight
   1. The machine will print the last weight entered and the date it was entered on.
   2. The user will enter the new weight.
   3. If new weight greater than old weight, subtract old from new, “you have gained $pounds lbs”
   4. If the new weight is less than old weight, subtract new from old, “Congrats! You have lost $pounds lbs”
   5. The new weight will be stored in a variable for use the next time a weight is entered
8. If the user selects nothing
   1. The machine will output a message to the desktop “Ok, See You Next Time Fatty!”

Alias BumbleBee=”./WeightTrackerRT”

* All script files need to be in the same location to execute, I have mine all on my desktop.
* The above tree shows the flow of data.
* All data stored in the .txt files is being imported into an excel spreadsheet for visual charts and graphs.

**WeightTrackerRT:**

#!/bin/bash

#establish a boolean variable

printf "\n"

printf "\tWelcome to the BumbleBee Weight Tracker Program!\n"

printf "\tWould you like to continue? (yes/no)\n"

read -p "------> " answer

while [ $answer = "yes" ];

do

./WeightTrackerGUI

printf "\tWould you like to run the Weight Tracker Program again? (yes/no)\n"

read -p "------> " input

if [ $input = "no" ]; then

break

fi

done

printf "\tSee you next time!\n"

printf "\n"

**WeightTrackerGUI**

#!/bin/bash

# clear the screen

tput clear

# Move cursor to screen location X,Y (top left is 0,0)

tput cup 3 15

# Set a foreground colour using ANSI escape

tput setaf 23

echo "Daily Weight Tracker!"

tput sgr0

tput cup 5 17

# Set reverse video mode

tput rev

echo "Please Select From the Following Options"

tput sgr0

tput cup 7 15

echo "1. Nutrtion Diary"

tput cup 8 15

echo "2. Calorie Intake"

tput cup 9 15

echo "3. Weight Log"

tput cup 10 15

echo "4. Exit Program"

# Set bold mode

tput bold

tput cup 12 15

read -p "Enter your choice [1-4] " choice

if [[ $choice == '3' ]]; then

printf "\n"

echo "You have selected to Enter your Weight: "

./dailyWeight

fi

if [[ $choice == '2' ]]; then

printf "\n"

echo "You have selected Calorie Intake: "

./calorieIntake

fi

if [[ $choice == '1' ]]; then

printf "\n"

echo "You have selected Nutrition Diary: "

./nutrition

fi

**dailyWeight**

#!/bin/bash

#Set the date and weight variables

DATE=$(date +%y-%m-%d)

printf "\n"

#Get the old weight from the user

read -p "Enter your weight from yesterday, round to the nearest WHOLE number (in pounds): " oldWeight

#Get the new weight from the user

read -p "Enter your weight for today, round to the nearest WHOLE number (in pounds): " currentWeight

printf "\n"

if [[ $oldWeight < $currentWeight ]]; then

pounds=$(($oldWeight-$currentWeight))

posPounds=$(($pounds \* -1))

printf "On this date: $DATE\n"

printf "You have gained $posPounds pounds.\n"

elif [[ $oldWeight -gt $currentWeight ]]; then

pounds=$(($oldWeight-$currentWeight))

printf "On this date: $DATE\n"

printf "You have lost $pounds pounds.\n"

else

printf "On this date: $DATE\n"

printf "You have not gained or lost any weight since the previous weigh in.\n"

fi

printf "\n"

echo "$DATE,$oldWeight,$currentWeight,$pounds" >> "dailyWeight.txt"

exit

**calorieIntake**

#!/bin/ksh

DATE=$(date +%y-%m-%d)

breakfastCal=0

lunchCal=0

dinnerCal=0

echo " "

#get the input from the user

printf "\tPlease select the meal you would like to enter your calories for: \n"

printf "\n"

select option in breakfast lunch dinner quit

do

case $option in

breakfast)

printf "\n"

printf "\t$option\n"

printf "\tHow many calories did you consume? "

read breakfastCal

printf "\tYour Breakfast Calories ($breakfastCal) have been logged.\n"

printf "\n"

;;

lunch)

printf "\n"

printf "\t$option\n"

printf "\tHow many calories did you consume? "

read lunchCal

printf "\tYour Lunch Calories ($lunchCal) have been logged.\n"

printf "\n"

;;

dinner)

printf "\n"

printf "\t$option\n"

printf "\tHow many calories did you consume? "

read dinnerCal

printf "\tYour Dinner Calories ($dinnerCal) have been logged.\n"

printf "\n"

;;

quit)

break

;;

\*)

echo "Please select a valid input!"

echo " "

;;

esac

done

printf "\n"

totalCal=$(($breakfastCal+$lunchCal+$dinnerCal))

printf "\tYour total Calories entered on this day, $DATE, is: $totalCal\n"

if [[ $totalCal -gt 2000 ]]

then

printf "\tYour calorie intake is above the reccomended daily average.\n"

printf "\tIn order to loose weight successfully, you must consume\n"

printf "\tless calories. :-D\n"

elif [[ $totalCal -lt 1000 ]]

then

printf "\n"

printf "\tYour calorie intake is below the healthy calorie amount\n"

printf "\treccomended for daily intake. In order to live a healthy\n"

printf "\tlifestyle, you must consume AT LEAST 1000 calories per day\n"

elif [[ $totalCal -gt 1000 && $totalCal -lt 2000 ]]

then

printf "\tYou are eating a healthy number of calories per day!\n"

fi

echo "$DATE,$breakfastCal,$lunchCal,$dinnerCal" >> calorieIntake.txt

printf "\n"

**nutrition**

#!/bin/ksh

printf "\n"

printf "\tHow many food items would you like to enter?\n"

read size

DATE=$(date +%y-%m-%d)

i=1

meatcount=0

dairycount=0

grainscount=0

frvegcount=0

fatscount=0

while [ $i -le $size ]

do

printf "\tPlease select the type of food this item is:\n"

select food in meat dairy grains fruitsvegetables fatssugars

do

case $food in

meat)

let meatcount=$meatcount+1

break

;;

dairy)

let dairycount=$dairycount+1

break

;;

grains)

let grainscount=$grainscount+1

break

;;

fruitsvegetables)

let frvegcount=$frvegcount+1

break

;;

fatssugars)

let fatscount=$fatscount+1

break

;;

\*)

echo "Please select a valid input!"

;;

esac

done

let i=i+1

done

printf "\n"

echo "Number of Meat items: $meatcount"

echo "Number of Dairy items: $dairycount"

echo "Number of Grain items: $grainscount"

echo "Number of Fruit or Vegetables: $frvegcount"

echo "Number of Fats or Sugars: $fatscount"

totalCount=$(($meatcount+$dairycount+$grainscount+$frvegcount+$fatscount))

printf "\n"

echo "Total number of food items eaten so far on this day, $DATE, is: $totalCount"

echo "$DATE,$meatcount,$dairycount,$graincount,$frvegcount,$fatscount,$totalCount" >> nutrition.txt

printf "\n"

**The Mysql Tables:**

mysql> select \* from nutrition;

+------------+------+-------+--------+-------+------+-------+

| date | meat | dairy | grains | frveg | fat | total |

+------------+------+-------+--------+-------+------+-------+

| 2016-05-10 | 2 | 2 | 2 | 2 | 2 | 10 |

+------------+------+-------+--------+-------+------+-------+

1 row in set (0.00 sec)

mysql> select \* from calorieIntake;

+------------+-----------+-------+--------+-------+

| date | breakfast | lunch | dinner | total |

+------------+-----------+-------+--------+-------+

| 2016-05-10 | 150 | 500 | 600 | 1250 |

+------------+-----------+-------+--------+-------+

1 row in set (0.00 sec)

mysql> select \* from dailyWeight;

+------------+---------+---------+------+

| date | Weight1 | Weight2 | lbs |

+------------+---------+---------+------+

| 2016-05-10 | 158 | 156 | 2 |

+------------+---------+---------+------+

1 row in set (0.00 sec)