USER FITNESS RECORD SYSTEM

The Project is based on the user health and fietness.
User is the main class
bmical , diet and exercise are the derived classes.
This project maintain body mass index of user and helps in maintaing the
health by using suitable and exercises.

It has three main objectives :-
1. BMI (Body Mass Index)
2. Diet
3. Exercises

1.BMI -
       If BMI is less than 18.5 then person is under weight and needs to
improve its body by gaining weight.
  and if BMI is more than 25 than person is over weight and have to pay
attention on his diet.
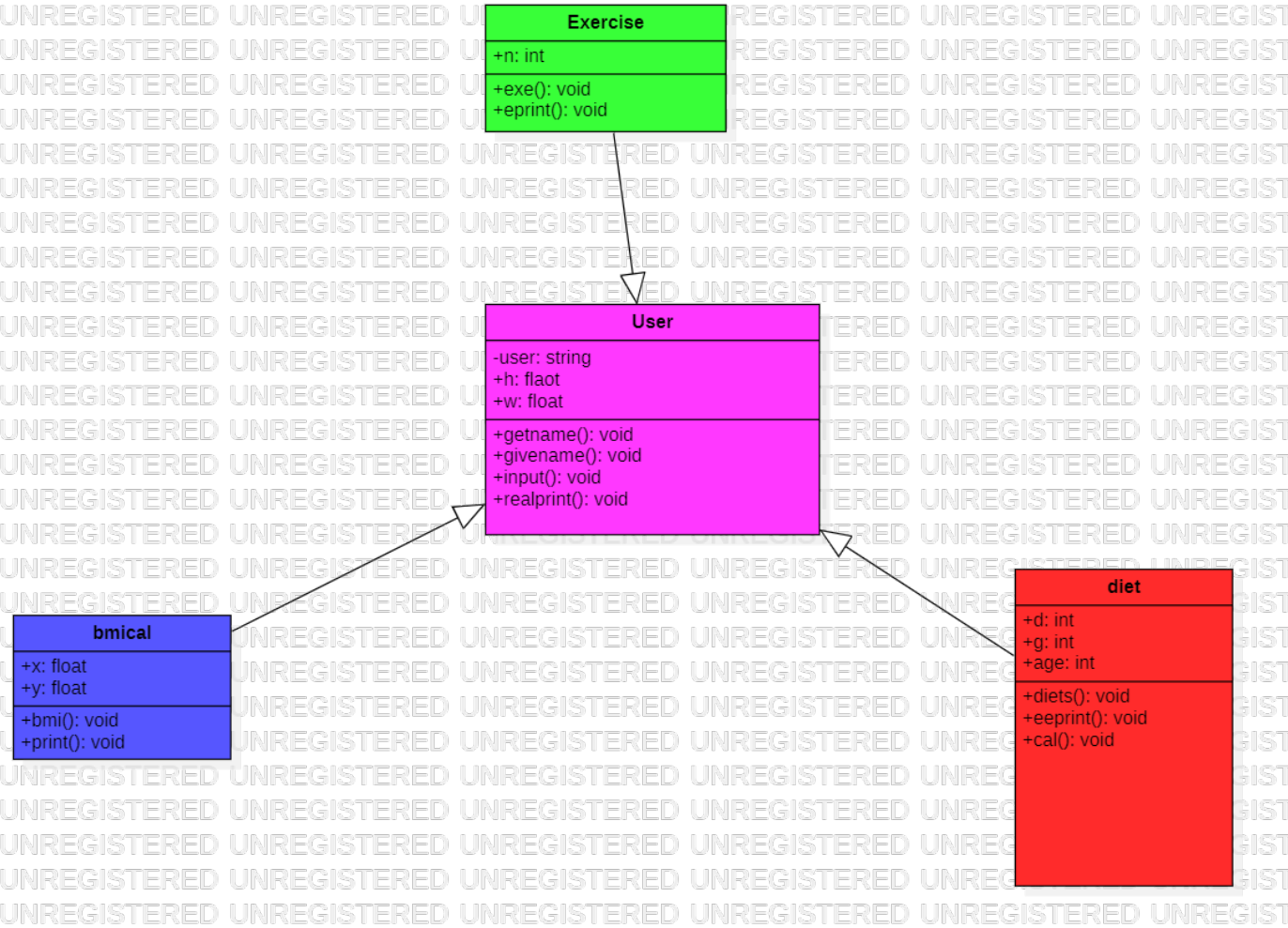
2.Diet -
       There are three catageries of diet -
       (i)   Low Calorie Diets
       (ii) Low carbohydrate Diets
       (iii) Low Fat Diets

3.Exercises -
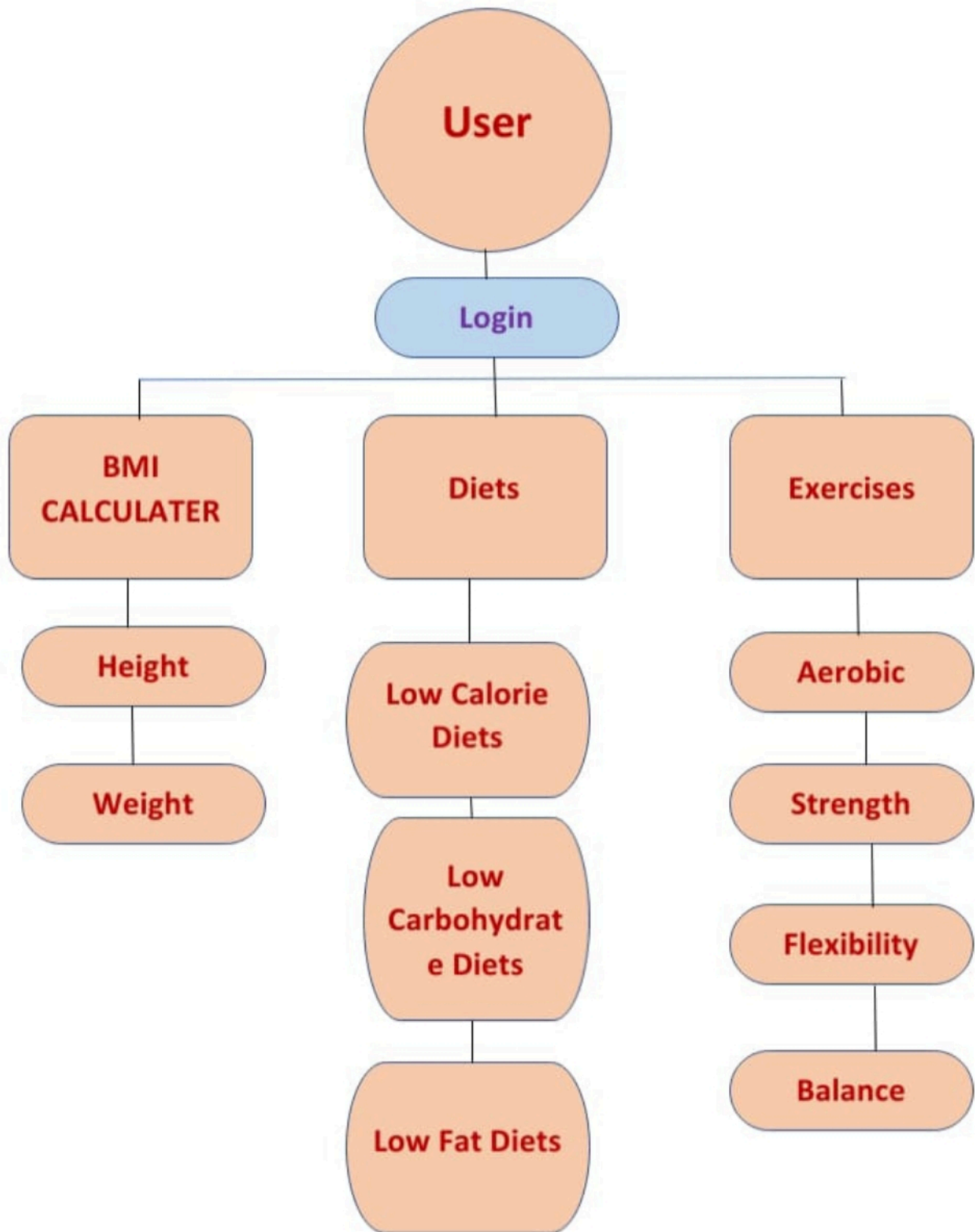   There are 4 types of exercises -
       (i)   Aerobic (Endurance) Exercises -
             (a) A brisk walk
             (b) Climbing the stairs
             (c) Playing Tennis

       (ii) Strength Exercises -
             (a) Lifting free weights
             (b) Usng resistance machines at the gym

       (iii) Flexibility Exercises -
             (a) Stretching various parts of the body
             (b) Doing Yoga

       (iv) Balance Exercises -
             (a) Heel-to-toe walking
             (b) Standing on one foot
             (c) Practicing tai chi poses

Class Diagram :-

Exercise

+n: int

+exe(): void
+eprint(): void

User

-user: string
+h: flaot
+w: float

+getname(): void
+givename(): void
+input(): void
+realprint(): void

bmical

+x: float
+y: float

+bmi(): void
+print(): void

diet

+d: int
+g: int
+age: int

+diets(): void
+eeprint(): void
+cal(): void

Activity Diagram :-

Output :-

```
C:\Users\Abhishek Maurya\Downloads\oom_project.exe

     WELCOME

  ***************
    Personal Record
  ***************


     THE PROJECT WORK

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PRESS <1> TO CONTINUE : _
```

```
 C:\Users\Abhishek Maurya\Downloads\oom_project.exe
              WELCOME
       ********************


   KNOW YOUR B.M.I                         :  PRESS[1]
   KNOW YOUR DIET and Exercises you need    :  PRESS[2]

PRESS [3] TO EXIT
ENTER YOUR INPUT HERE :  _
```

```
        *******************************
               SELECT YOUR DIET PLAN
        *******************************




Enter your Height(in meter)
1.7


Enter your Weight(in Kg)
74

  ENTER YOUR AGE    (in years)
19
```

```
SELECT ANY CATEGORY FROM THE BELOW :-

LOW CALORIE DIETS          PRESS[1]
LOW CARBOHYDRATE DIETS     PRESS[2]
LOW FAT DIETS              PRESS[3]

ENTER YOUR INPUT HERE :
1
Now select Exercises according to your diet plan :
    ********************
           KNOW YOUR
           EXERCISE
    ********************


 SELECT ANY CATGORY FROM THE BELOW :-

 Aerobic (Endurance) Exercise  PRESS [1]
 Strength exercise             PRESS [2]
 Flexibility exercise          PRESS [3]
 Balance exercise              PRESS [4]
```

```
    ********
              YOUR
          EXERCISEs
    ********

 hey  Flexibility Exercise are :

 Stretching various parts of the body
 Doing Yoga


--------------------------------
Process exited after 46.5 seconds with return value 0
Press any key to continue . . . _
```

```
C:\Users\Abhishek Maurya\Downloads\oom_project.exe
**********
BODY MASS INDEX
BMI CALCULATOR
**********


      !! pay attention !!

 HELLO  YOU ARE OVERWEIGHT

YOUR B.M.I is: 68

 PRESS [1] to save REPORT!!
PRESS [2] to go on MENU
 PRESS any key & ENTER to EXIT!!!
ENTER YOUR INPUT HERE:
```

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