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2 August 2022

**Calorie Counter Description**

Calorie Counter is a program designed to receive caloric data from a user in a combination of a “do-while” and “for” loop. The program stores this information in a text file titled, “CaloricData.” When given the daily calorie intake per meal of the user over a given week, Calorie Counter will find then read the information from the text file and store it in a vector. Using another “for” loop and two functions, the program calculates possible calorie deficit and uses that to translate it into pounds. One pound is roughly equal to 3,500 calories. Therefore, pounds lost is proportional to the calorie deficit divided by 3,500. However, the user must not consume less than 1,000 calories per day as this is unhealthy. Inversely, the user might consume too many calories and thus produce no deficit, at all. The program will tell the user to speak to a physician or dietary specialist and that they have not produced a deficit, respectively. These messages, or the results, are displayed using an “if/elseif” statement.

**Instructions**

1. Upload source file and open in Windows Visual.
2. Select either “Local Windows Debugger” or “Start Without Debugger.”
3. Calorie Counter will display a message. Input calorie value for first meal for Day 1.
4. Repeat for the second meal and then third.
5. Repeat Steps 3 and 4 for Day 2 through Day 7.
6. Calorie Counter will ask if you’d like to enter data for another week.
   1. If yes, input “Y” or “y”. Otherwise, input “N” or “n.”
7. Calorie Counter will display your results.

**List of Inputs and Outputs**

* **Possible Inputs:**
  + Day 1
    - Breakfast
    - Lunch
    - Dinner
  + Day 2
    - Breakfast
    - Lunch
    - Dinner
  + Day 3
    - Breakfast
    - Lunch
    - Dinner
  + Day 4
    - Breakfast
    - Lunch
    - Dinner
  + Day 5
    - Breakfast
    - Lunch
    - Dinner
  + Day 6
    - Breakfast
    - Lunch
    - Dinner
  + Day 7
    - Breakfast
    - Lunch
    - Dinner
* **Outputs:**
  + Deficit Total
  + Pounds Lost
  + Null Deficit Message
  + Unhealthy Deficit Message