



# Diet Planner

For the health we deserve





# Abstract

We are surrounded with a variety of resources, and we are free to use them. When it comes to food, it's available in every nook and corner. From an infant to an old man, everybody likes to eat their favorite meal. Some think properly and eat properly, and some don't think, and they just keep on eating without a limit and regret later. Obesity is the most common problems in teenagers. Too much body fat is the main symptom of Obesity. But it's hard to directly measure body fat. A guideline called the Body Mass Index (BMI) is used to estimate it. The BMI uses a teen's weight and height to produce a result. Our project is all about this. We get the user's height and weight, then program will calculate their BMI and will provide a workout and nutrition plan based on the result obtained.





# Diet Planner!

- Most people associate diets with short-term weight loss and restrictive food intake.
- However, a diet plan is tailored to an individual's health status.



# Diet Plan for a week

- A 7-day meal plan can help someone maintain a healthful diet.
- And a 7-day workout plan will help to build Strength and Mass



November						
mon	tue	wed	thu	fri	sat	sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					





**Project**

**Features**

**What's  
New**

**Source  
Code**

**Outputs**

**Conclusion**





Proj.

Feat.

New

Code

Outs.

...



# Diet





Proj.

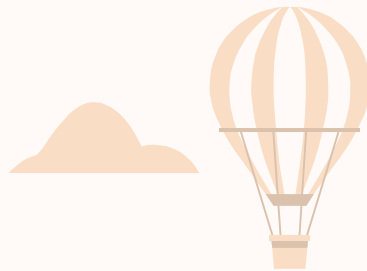
Feat.

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One must eat to live, not live to eat.

**—Jean-Baptiste Poquelin**



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## 5 Minutes

It takes five minutes to  
consume 500 calories

## 2 Hours

The same takes two  
hours to burn them off





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## To Do



One must keep their BMI Ideal



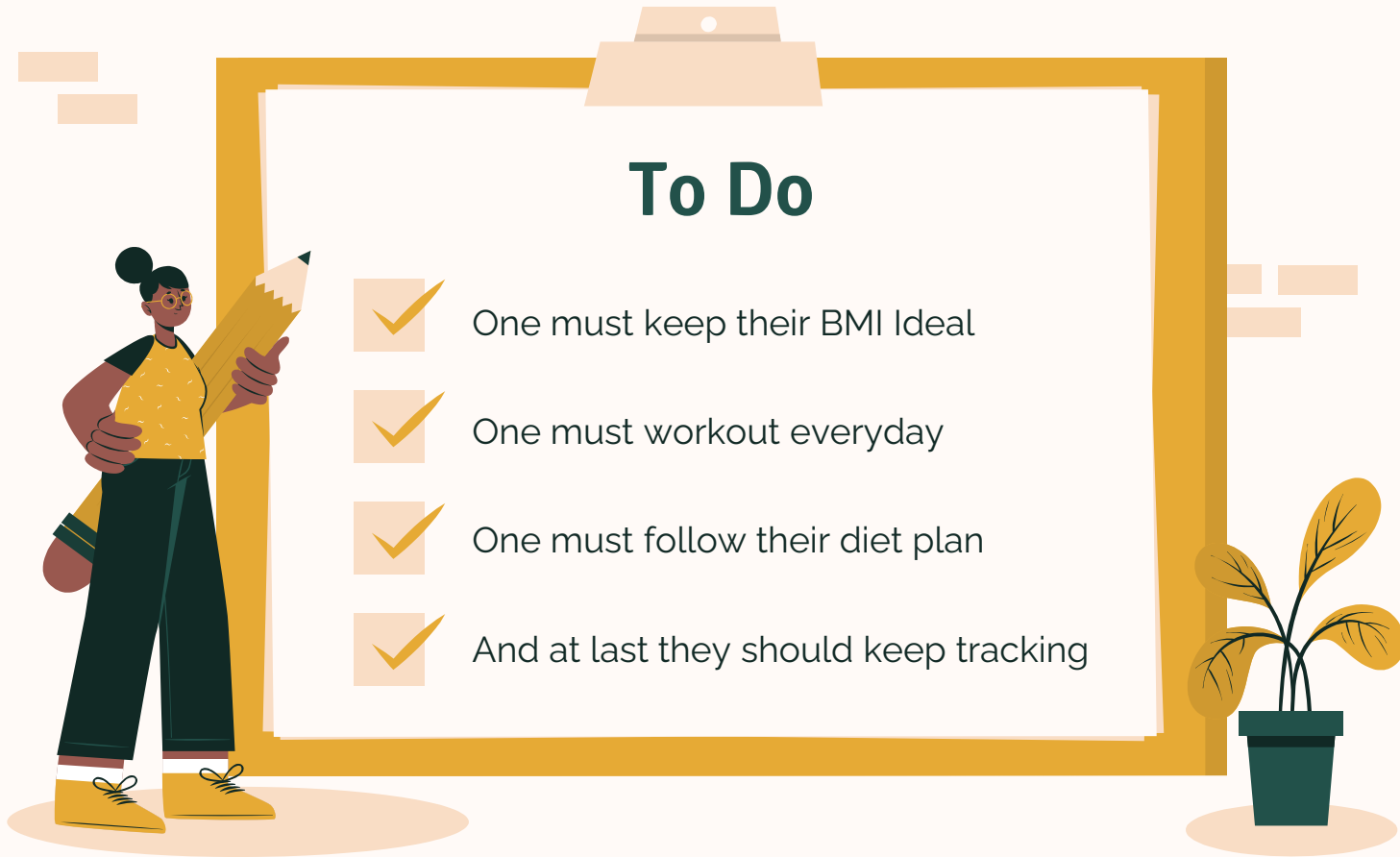
One must workout everyday



One must follow their diet plan



And at last they should keep tracking





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Code

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# Overview



## BMI

BMI helps to know the present situation of your body

## Workout Plans

Workout plans helps you to keep you in fit

## Diet Plans

Diet Plans helps you to eat in limit and healthy



## BMI Calculation

BMI is calculated with the persons' weight into square of height

## Workouts

Workouts are provided with every sets the number of repeats

## Diet

Meals are displayed with relevant calories you will gain





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# Features





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# Features highlight

## BMI

A Body Mass Index  
Calculator

## DIET PLANS

Suggesting the best diet  
plans for a day

## WORKOUT PLANS

Suggesting the best  
workouts according to  
the result of BMI

## FAQS

Clarifying and bursting  
the common myths and  
doubts





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# What's New





# What's New

## FILES

Save your data into a file with your name as a file name

## NO INFINITE LOOPS

Wherever possible the program will stop you if inputs are invalid

## BETTER FORMATTING

For better reading, styles are included such as bold, italic & underline

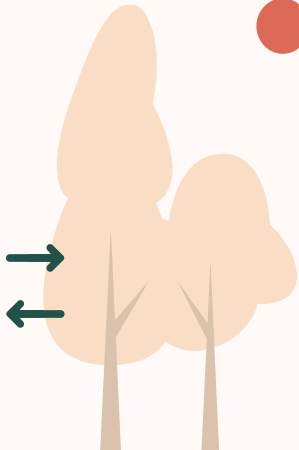


## FAQs

Frequently Asked Questions were added to clarify similar

## SEPARATE FUNCTIONS

User can run the program in bunch or can be run at individual.





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# Source Code





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New

Code

Outs.

...



# 550

Total number of lines in code approx.





# Definitons and Variables

The required definition, classes, objects, data members and functions are declared

## Definitions

- BOLD "\033[1m"
- ITALIC "\033[3m"
- UNDERLINE "\033[4m"
- CLOSEFORMAT "\033[0m"

## Data Members

- Private:
  - float height, weight;
  - float height\_in\_meters;
  - float weight\_in\_kg;
  - int ch1, ch2;
  - char ch3;
  - string your\_name;

## Data Members

- Public:
  - int choice;
  - float bmi;

## Functions

- void calculate()
- void save()
- void workout()
- void nutrition()
- void faqs()

## Class

- Diet

## Object

- plan





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New

Code

Outs.

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# Source code is complete



Proj.

Feat.

New

Code

Outs.



# Outputs





Proj.

Feat.

New

Code

Outs.



# Outputs



## Main Menu

A menu is displayed to operate every functions



## Sub Menu

Few functions has its' own sub menu



## Functions

Function are displayed as outputs



Proj.

Feat.

New

Code

Outs.



# Main Menu

A menu is displayed to choose the desired function to be carried.

The main menu consists of 6 options in which 5 useful operations.





Proj.

Feat.

New

Code

Outs.



# Plan your diet

For the **first** option from the menu it begins to take input from the user to calculate BMI.

Here the user will have to choose height unit and its' inputted.





Proj.

Feat.

New

Code

Outs.

...



# Plan your diet

Weight is taken from the user in two units.

Here the user chosen  
1. Kilogram and the  
input is inputted and  
displayed

Choose the unit for your weight

1. Kilograms

2. Pounds

*Enter your choice: 1*

Enter your weight in kilograms: 62

Your weight: 62kg





Proj.

Feat.

New

Code

Outs.

...



# Plan your diet

BMI is calculated and his/her category is displayed including the results

*Calculating BMI.....*

Your Body Mass Index (BMI) is: **25.5**

You are under the BMI category --> Overweight

--- You have to consult a doctor and join a gym and you should be in calorie deficit ---







Proj.

Feat.

New

Code

Outs.

...



# Plan your diet

From the BMI  
obtained the required  
workouts are  
displayed for a week

Displaying Workout Plans.....

Workouts you need to perform the entire week and sunday is restday

Day	Workouts
MONDAY	-> Chest, Triceps and abs
TUESDAY	-> Lat and biceps
WEDNESDAY	-> Legs, shoulder and abs
THURSDAY	-> Chest and Triceps
FRIDAY	-> Lat, biceps and abs
SATURDAY	-> Legs and shoulder
SUNDAY	-> no workout



Proj.

Feat.

New

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Outs.



# Plan your diet

User input is asked whether to save or not!

If yes, they need to enter their name and once the file is saved success message is displayed





Proj.

Feat.

New

Code

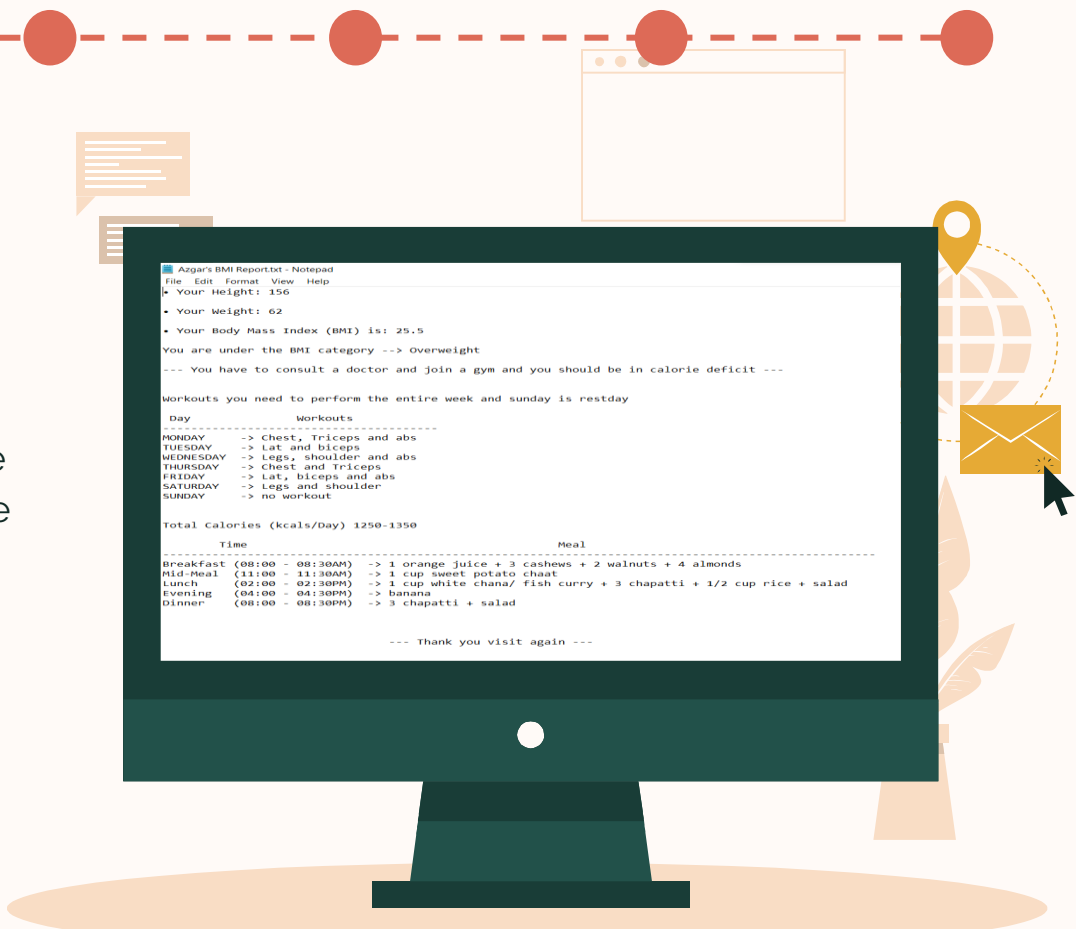
Outs.



# Plan your diet

A file is saved to the exact location of the program.

With the user's inputted name as their report!



```
Arzan's BMI Report.txt - Notepad
File Edit Format View Help
* Your Height: 156
* Your Weight: 62
* Your Body Mass Index (BMI) is: 25.5
You are under the BMI category --> Overweight
--- You have to consult a doctor and join a gym and you should be in calorie deficit ---

Workouts you need to perform the entire week and sunday is restday

Day      Workouts
-----
MONDAY   -> Chest, Triceps and abs
TUESDAY  -> Lat and biceps
WEDNESDAY -> Legs, shoulder and abs
THURSDAY -> Chest and Triceps
FRIDAY   -> Lat, biceps and abs
SATURDAY -> Legs and shoulder
SUNDAY   -> no workout

Total Calories (kcal/Day) 1250-1350

Time      Meal
-----
Breakfast (08:00 - 08:30AM) -> 1 orange juice + 3 cashews + 2 walnuts + 4 almonds
Mid-Meal (11:00 - 11:30AM) -> 1 cup sweet potato chaat
Lunch (02:00 - 02:30PM) -> 1 cup white chana/ fish curry + 3 chapatti + 1/2 cup rice + salad
Evening (04:00 - 04:30PM) -> banana
Dinner (08:00 - 08:30PM) -> 3 chapatti + salad

--- Thank you visit again ---
```



Proj.

Feat.

New

Code

Outs.



# Know your BMI

For the **second** option from the menu it begins to take input from the user to calculate BMI.

Here the user will have to choose height unit and its' inputted.





Proj.

Feat.

New

Code

Outs.

...



# Know your BMI

Weight is taken from the user in two units.

Here the user chosen  
1. Kilogram and the  
input is inputted and  
displayed

Choose the unit for your weight

1. Kilograms

2. Pounds

*Enter your choice: 1*

Enter your weight in kilograms: 62

Your weight: 62kg





Proj.

Feat.

New

Code

Outs.

...



# Know your BMI

BMI is calculated and his/her category is displayed including the results

*Calculating BMI.....*

Your Body Mass Index (BMI) is: **25.1**

You are under the BMI category --> Overweight

--- You have to consult a doctor and join a gym and you should be in calorie deficit ---





Proj.

Feat.

New

Code

Outs.



# Workout Plans

For the **third** option user will have to enter their BMI to proceed.

For the entered BMI workout plans are displayed





Proj.

Feat.

New

Code

Outs.



# Diet Plans

For the **fourth** option user will have to enter their BMI to proceed.

For the entered BMI diet plans are displayed







Proj.

Feat.

New

Code

Outs.



## FAQs

For the **fifth** option a section consists of common questions and answers to explain the user how important the program is!





Proj.

Feat.

New

Code

Outs.



# Exit

User can anytime exit from the loop.

The **sixth** option is given as exit.





Proj.

Feat.

New

Code

Outs.

...



## Our Team

- Azgar
  - 20BCA0035
- Mohammed Fouzan
  - 20BCA0033



# Thanks!

Do you have any questions?

- [azgar.2020@vitstudent.ac.in](mailto:azgar.2020@vitstudent.ac.in)
- [mohammedfouzan.a2020@vitstudent.ac.in](mailto:mohammedfouzan.a2020@vitstudent.ac.in)