

1176. Diet Plan Performance

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A dieter consumes `calories[i]` calories on the `i`-th day.

Given an integer `k`, for **every** consecutive sequence of `k` days (`calories[i]`, `calories[i+1]`, ..., `calories[i+k-1]` for all $0 \leq i \leq n-k$), they look at `T`, the total calories consumed over that sequence of `k` days (`calories[i] + calories[i+1] + ... + calories[i+k-1]`):

- If `T < lower`, they performed poorly on their diet and lose 1 point;
- If `T > upper`, they performed well on their diet and gain 1 point;
- Otherwise, they performed normally and there is no change in points.

Initially, the dieter has zero points. Return the total number of points the dieter has after dieting for `calories.length` days.

Note that the total points can be negative.

Example 1:

Input: `calories = [1,2,3,4,5]`, `k = 1`, `lower = 3`, `upper = 3`
Output: `0`
Explanation: Since `k = 1`, we consider each element of the array separately and compare it to `lower` and `upper`.
`calories[0]` and `calories[1]` are less than `lower` so 2 points are lost.
`calories[3]` and `calories[4]` are greater than `upper` so 2 points are gained.

Example 2:

Input: `calories = [3,2]`, `k = 2`, `lower = 0`, `upper = 1`
Output: `1`
Explanation: Since `k = 2`, we consider subarrays of length 2.
`calories[0] + calories[1] > upper` so 1 point is gained.

Example 3:

Input: `calories = [6,5,0,0]`, `k = 2`, `lower = 1`, `upper = 5`
Output: `0`
Explanation:
`calories[0] + calories[1] > upper` so 1 point is gained.
`lower <= calories[1] + calories[2] <= upper` so no change in points.
`calories[2] + calories[3] < lower` so 1 point is lost.

Constraints:

- $1 \leq k \leq \text{calories.length} \leq 10^5$
- $0 \leq \text{calories}[i] \leq 20000$
- $0 \leq \text{lower} \leq \text{upper}$

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