

CPS 210 - Lab Quiz 4

Name:

Let's say you are creating a web application for a dietitians's office and must have the ability to calculate daily protein needs for a patient. The formula below is used to determine protein needs:

Protein Needs = weight in kilograms * protein factor

The following calculates a person's protein factor:

Normal Daily activity: 0.8gm/kg/day

Moderate Daily physical activity: 1.2 gm/kg/day

Heavy daily physical activity: 1.5 gm/kg./day

1. Use Scanner to ask a user for their weight in pounds. 1 pound is 0.45359 kilograms.
2. Use Scanner to ask a user for their activity level. Users should enter 1 for normal activity, 2 for moderate physical activity, and 3 for heavy physical activity.
3. Calculate the protein needs with the given information. Below is a sample run:

```
Enter your weight in pounds: 150
```

```
How active are you? Enter 1 for normal activity, 2 for moderate physical  
activity, and 3 for heavy physical activity: 2
```

```
Your protein needs are 81.4312 grams per day.
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