Practice Assignment 3 because I love you

# Problem 1

Determine whether or not I should go for a run before dinner. Let’s say my BMR is 2000 calories, and I should have eaten about 1350 of them before I have dinner.

Write a program that asks how many calories I have ate before dinner, uses a relational operator to get a “yes or no” answer about my run, and print a friendly message depending on the answer using if-statements.

# Problem 2

Write a program that computes the BMR of an individual. Ask for their gender at birth (male/female), and any relevant information that you need. Use if-statements to apply the correct formula for that individual and print out a message that applies.

Use the full if-elseif-else flow, and print an error message if a non-sensible answer is given for gender at birth. (for example, the user could enter ‘m’ or ‘f’, but what if they enter ‘z’?)

Bonus! Can you write the program to accept all of the following answers?

* m
* F
* male
* Male
* Female
* female

Hint: It will require a combination of string knowledge, relational operators, and logical operators!