Calorie Counter Survey

W200 Object Oriented Programming Project

Objective

- Receive input from the user about various health attributes and their goal.
- Provide a recommendation of required Calorific intake to work towards their goal.
- Be able to store each survey.
- Be able to view an existing survey.
- Be able to delete an existing survey.

Object Oriented Structure

Customer_Care

- Provide instructions
- Receive commands
- Store/view/delete surveys

User_info

- Store user information (age, sex, height, weight)
- Calculate required attributes (BMI, BMR)

Goal

- Store user's goal

Recommendation

- Receive Goal, User_info and Exercise objects as input
- Calculate and store recos

Survey

- Survey object stores user data and recommendation as a dict

Exercise

- Store exercise information (frequency, intensity)
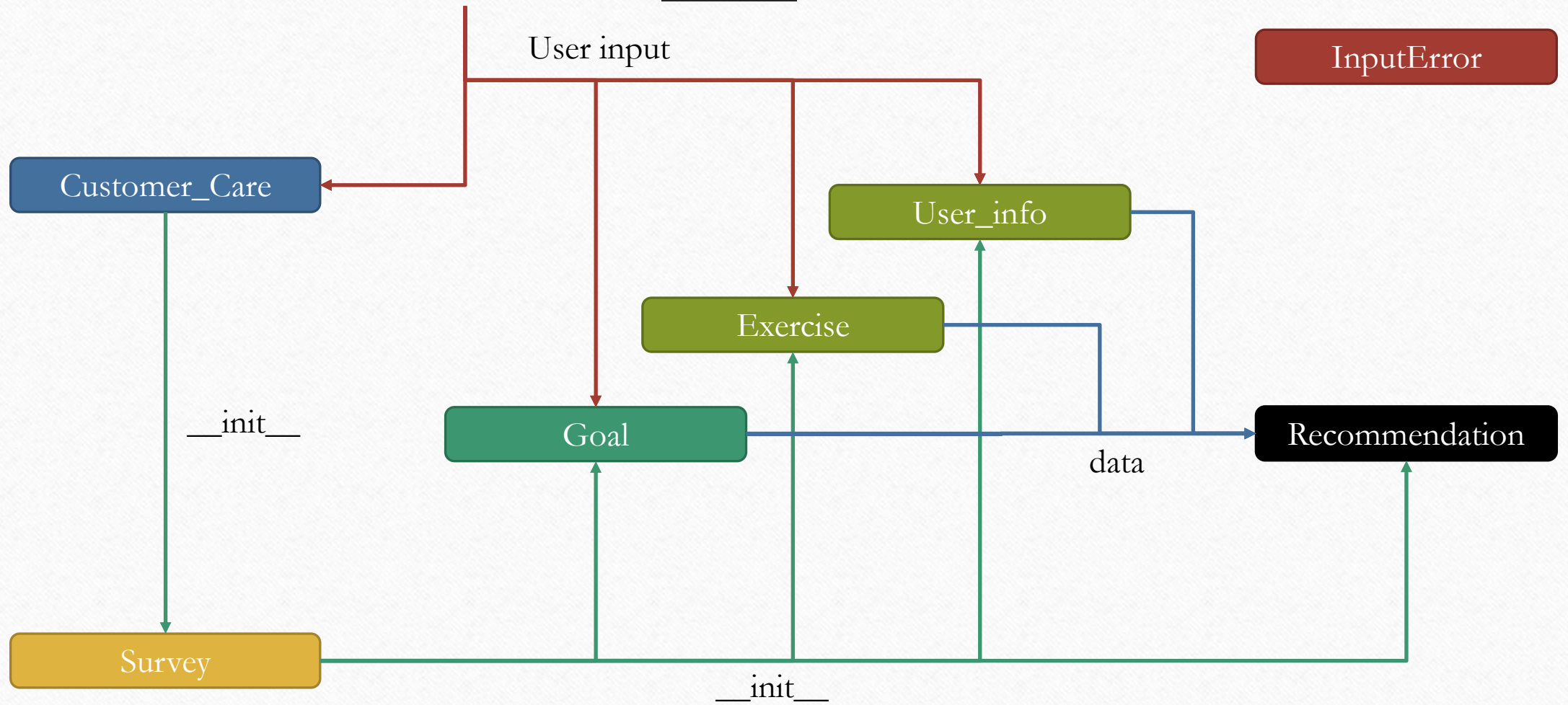- Calculate required attributes (exercise level)

InputError

- Customer Error class to handle some input errors differently

Flow

Other thoughts

- Proposal scope was very large

- Choice for simple and doable

- Top-down style worked better

```
1   1) Please enter your name:
2   2) Please enter you age (in years):
3   3) Please enter your sex (Enter 1 or 2):
4   4) Please enter your height (in inches):
5   5) Please enter your weight (in lbs):
6   6) Which of the following would you eat for breakfast?  (Enter 1, 2 or 3)
7   7) Which of the following would you eat for lunch?  (Enter 1, 2 or 3)
8   8) Which of the following would you eat for dinner?  (Enter 1, 2 or 3)
9   9) Which of the following snacks would you eat during the day: (Enter 1, 2 or 3)
10  10) Enter the period of time (in minutes) that you excercise in a week:
11  11) Enter the intensity of your excercise (Enter 1, 2 or 3):
12  12) Enter the amount of water you drink during the day (in fl oz):
13  13) Enter the time you spend in stretching/yoga during the day (in minutes):
14  14) Enter the number of hours of sleep you get at night:
15  15) Enter the typical quality of your sleep (Enter 1, 2 or 3):
16  16) Enter the time (in hours) you spend working in a week:
17  17) Enter the time (in hours) you spend resting during the day:
18  18) Enter the time (in hours) you spend with family or friends in a week:
19  19) Enter the time (in hours) you spend on personal hobbies in a week:
```

- Deciding where user input is received, errors are handled