

### Understanding of the Problem

The problem is to create a project that utilizes most of the concepts learned in this class. Here is the project:

The program is called "Your Health," which is about maintaining a healthy weight. The program provides two options -- how to lose weight or how to maintain your current weight .

The program begins with a brief introduction. Then it asks the user to create a username of type character only and a password of type integer only. Then the password is converted to binary code, or two's complement if a negative integer is inputted, and this code is provided to the user as a password hint in the event they forget their password.

Then the program provides a menu with two options, lose weight or maintain weight. Based on the user's decision, advice or a simple workout program plan is produced for the user.

The user has the option to go back to the main menu to start all over again or quit the program.