# 1176. Diet Plan Performance Premium

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 <= i <= n-k), they look at T, the total calories consumed during that sequence of k days (calories[i] + calories[i] + ... + 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.</pre>
```

### Constraints:

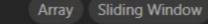
- 1 <= k <= calories.length <= 10^5
- 0 <= calories[i] <= 20000
- 0 <= lower <= upper

Seen this question in a real interview before? 1/5



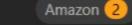
Accepted 34.1K Submissions 63.5K Acceptance Rate 53.7%

○ Topics



Companies

0 - 6 months



♀ Hint 1

Use sliding window technique (aka two pointers).

Discussion (7)