**Name of Program:** Healthy Numbers

What is the Code Design to Do? It allows the users to input the following data points

* First Name
* Last Name
* Age in Years
* Resting Heart Rate
* Weight in Pounds
* Height in Feet and Inches
* Gender

In return, the end user receives the results of some calculations Body Mass Index and Body Fat Percentage. These numbers can used to determine the level of the end users fitness and body type.

**Calculations and Conversions**

After entering all this data, the end user will receive some data which can be used to determine how healthy they are. The programs calculations the following numbers:

* Maximum Heart Rate
* Heart Rate Reserve
* Low End Heart Rate Training Zone
* High End Heart Rate Training Zone

The program converts measurements from “pounds” to “metric” and “feet” to “inches”.

This program uses the users inputted “Weight”, “Gender”, and “Age” to and the Body Mass index to calculate the Body Fat Percentage.

There is if/else statement used to determine which constant integer to output for the user.

**Experience Using C++**

Honestly, this is my first C++ program that I have written. I thought myself. I learned by using a book entitled “Learn C++ in 21 Days”. I know that this program is very rudimentary. I am a fast learner. I am willing to do whatever is required to complete my courses and this program.