Paragraph:

Our program will calculate how many calories a person should consume per day. The user will input their name, gender, age, height, weight, and activity level. Based on the user input, the program will plug the values into a formula to calculate their BMR. Based on what the user input as their activity level, the program will take the BMR into another formula to calculate their daily recommended calories.

Sample Output:

What’s your name?

Lauren

What’s your gender?

Female

What’s your age?

37

Height in inches:

64

Weight in lbs:

70

What’s your activity level? 1-sedentary 2-moderate 3-intense

3

Recommended Calories per Day:

2076