

```
1 package Util;  
2  
3  
4  
5 import java.sql.Connection;  
6 import java.sql.DriverManager;  
7 import java.sql.SQLException;  
8  
9  
10  
11 public class ExUtil {  
12     static {  
13         try {  
14             Class.forName("oracle.jdbc.driver.  
OracleDriver");  
15         } catch (ClassNotFoundException cne) {  
16             System.out.println("Oracle JDBC Driver not found");  
17             cne.printStackTrace();  
18         }  
19     }  
20  
21     public static Connection getConnection() {  
22         Connection con = null;  
23         try {  
24             con = DriverManager.getConnection("jdbc:  
oracle:thin:@localhost:1521:xe", "rok", "1111");  
25         } catch (SQLException se) {  
26             System.out.println("DB Connection failed");  
27             se.printStackTrace();  
28         }  
29         return con;  
30     }  
31 }
```

```
1 package Util;
2
3 import ExDAO.ExSQL;
4 import ExDTO.EBMI;
5 import ExDTO.EMember;
6
7 public class BmiUtil {
8
9     // 休眠(10) 毫秒
10    public static void del() {
11        try {
12            Thread.sleep(1000); // 10 毫秒 (1000: 1秒)
13        } catch (InterruptedException ie) {
14            Thread.currentThread().interrupt(); //
15        }
16    }
17
18    // BMI 计算 例
19    public void bmicul(String EId) {
20        ExSQL sql = new ExSQL();
21        EMember member = sql.emList(EId); // 找到
22
23        System.out.println("*- BMI * -*");
24
25        // 姓名, 体重, 身高
26        String Name = member.getEName();
27        float weight = member.getEWeight();
28        float height = member.getEHeight();
29
30        // BMI 公式 (kg cm 1000000 1000000)
31        float bmicode = weight / ((height * height
32 ) / 10000); // BMI
33
34        EBMI ebmi = new EBMI(); // BMI 对象
35        ebmi.setEBmiName(Name); // 姓名 BMI 对象
36        ebmi.setEBmiCode((int) bmicode); // BMI
37        // 值 (浮点数)
```



```

62         System.out.println(
63             "+-----+-----+");
64         System.out.println("|      Scale      |");
65         System.out.println(
66             "+-----+-----+");
67         System.out.println("|    000      | ~");
68         System.out.println("18.5      |");
69         System.out.println("18.5~22   |");
70         System.out.println("23        |");
71         System.out.println("26~30     |");
72         System.out.println("30        |");
73         System.out.println("-----+");
74     }
75
76     // BMI 00 00 00000 0000 000
77     public void BMICategory(float bmicode) {
78         if (bmicode < 18.5) {
79             System.out.println("000"); // BMI 18.5
80             000 00
81         } else if (bmicode >= 18.5 && bmicode < 23
82         ) {
83             System.out.println("00"); // BMI 18.5
84             00 23 000 00
85         } else if (bmicode >= 23 && bmicode < 25) {
86             System.out.println("000"); // BMI 23
87             00 25 000 00
88         } else if (bmicode >= 25 && bmicode < 30) {
89             System.out.println("00"); // BMI 25
90             00 30 000 00
91         } else {
92             System.out.println("0000"); // BMI 30
93             000 00
94         }
95     }
96 }
```

```
1 package Util;
2
3 import ExDAO.ExSQL;
4 import ExDTO.EFood;
5 import ExDTO.ERecords;
6 import ExDTO.E_Menu;
7
8 import java.util.ArrayList;
9 import java.util.List;
10 import java.util.Scanner;
11
12 public class MenuUtil {
13
14     ExSQL sql = new ExSQL(); // အောက်တူမှု ၁၁ ၁၂ ExSQL
15     Scanner sc = new Scanner(System.in); // ၁၃ ၁၄ ၁၅
16     // ၁၆ ၁၇ ၁၈ ၁၉ ၁၁၁ ၁၂၁
17     public void menu(String EId) {
18         boolean run = true; // ၁၃၀၁ ၁၂ ၁၃ ၁၄
19         List<EFood> savedFood = new ArrayList<>();
20         // ၁၃၀၂ ၁၃၀၃ ၁၃၀၄ ၁၃၀၅
21         List<EFood> foodList = sql.getfoodlist(); // ၁၃၀၆၁၃၀၇ ၁၃၀၈ ၁၃၀၉
22         while (run) {
23             System.out.println("၁၃ ၁၃၁ : ၁၃, ၁၃၂, ၁၃၃");
24             System.out.println("၁၃၁၂ ၁၃၁၃: ");
25             String food = sc.next(); // ၁၃၁၄ ၁၃၁၅ ၁၃၁၆
26
27             foodList = sql.getfoodlist(); // ၁၃ ၁၃၁၇
28             boolean found = false; // ၁၃ ၁၃၁၈ ၁၃၁၉
29
30             // ၁၃ ၁၃၁၉ ၁၃၁၀ ၁၃၁၁ ၁၃ ၁၃၁၂
31             for (int i = 0; i < foodList.size(); i
32                 ++
33             ) {
34                 if (foodList.get(i).getFoName().contains(food)) {
```

```

33                     System.out.println("[" + (i + 1)
  ) + "] " + foodList.get(i).getFoName() + " (" +
  foodList.get(i).getFoGrams() + ", " + foodList.get(i)
  ).getFoCals() + " kcal");
34                     found = true; // 找到 时候 true
  @@
35                 }
36             }
37
38             // 找到 时候 打印 找到
39             if (!found) {
40                 System.out.println("未找到 食物。");
41             } else {
42                 System.out.println("食物 编号: ");
43                 int selectedIndex = sc.nextInt(); //
  找到 时候 打印 编号
44
45                 // 找到 时候 打印 找到
46                 if (food.equals("找到")) {
47                     if (selectedIndex >= 1 &&
  selectedIndex <= 3) {
48                         EFood selectedFood = foodList
  .get(selectedIndex - 1); // 找到 时候 添加 到
  savedFood.add(selectedFood);
  // 找到 时候 打印
49
50                         System.out.println(
  selectedFood.getFoName() + " 找到 ");
51                     } else {
52                         System.out.println("食物 编号
  0 00 000 1, 2, 3000.");
53                     }
54                 } else if (food.equals("找不到")) {
55                     if (selectedIndex >= 4 &&
  selectedIndex <= 6) {
56                         EFood selectedFood = foodList
  .get(selectedIndex - 1); // 找不到 时候 添加 到
  savedFood.add(selectedFood);
  // 找不到 时候 打印
57
58                         System.out.println(
  selectedFood.getFoName() + " 找不到 ");
59                     } else {

```

```

60                         System.out.println("4 5 6");
61                     }
62                 } else if (food.equals("7")) {
63                     if (selectedIndex >= 7 &&
64                         selectedIndex <= 9) {
65                         EFood selectedFood =
66                             foodList.get(selectedIndex - 1); // 7 8 9
67                         savedFood.add(selectedFood);
68                         System.out.println(
69                             selectedFood.getFoName() + " 7 8 9");
70                     } else {
71                         System.out.println("7 8 9");
72                     }
73                 }
74
75                 // 7 8 9
76                 System.out.println("7 8 9? (y/n)");
77             String search = sc.next();
78             run = search.equalsIgnoreCase("y"); // 'y' 7 8 9, 'n' 7 8 9
79         }
80
81         // 7 8 9
82         if (savedFood.isEmpty()) {
83             System.out.println("7 8 9");
84         } else {
85             System.out.println("7 8 9");
86             int totalCals = 0; // 7 8 9
87
88             System.out.println(
89                 "*****");
90             for (EFood food : savedFood) {

```

```

90                     System.out.println(food.getFoName
91                         () + "\t" + food.getFoGrams() + "\t" + food.
92                         getFoCals() + " kcal"); // 菜名 营养
93                         totalCals += food.getFoCals(); // 营
94                         营养
95                         }
96                         System.out.println("\n" + totalCals +
97                         " kcal"); // 营养
98                         System.out.println(
99                         "*****");
100                        }
101
102                        // 营养
103                        E_Menu menu = new E_Menu();
104                        double totalProtein = 0;
105                        double totalCarbohydrates = 0;
106                        double totalFats = 0;
107                        int totalCals = 0;
108
109                        for (EFood foods : foodList) {
110                            totalProtein += foods.getFoProtein();
111                            // 营养
112                            totalCarbohydrates += foods.
113                                getFoCarbohydrates(); // 营养
114                            totalFats += foods.getFoFats(); // 营养
115                            totalCals += foods.getFoCals(); // 营
116
117                            }
118
119                            // 营养
120                            int FoNum = 1;
121                            int efname = sql.getFoodCals(FoNum); // 营
122                            营养
123                            menu.setEMNUM(sql.menuNum()); // 菜单号
124                            menu.setEMID(EId); // 菜单 ID
125                            menu.setECalories(totalCals); // 营养
126                            menu.setEProtein((int) totalProtein); // 营
127                            营养
128                            menu.setECarbohydrates((int)
129                                totalCarbohydrates); // 营养
130                            menu.setEFats((int) totalFats); // 营养

```

```

120         menu.setEfNum(efnum); // 設置 數字 編號
121         sql.insertMenu(menu); // 將資料存入資料庫
122
123         // 取得 運動 清單
124         List<ERecords> recordList = sql.recordList(
125             EId); // 取得 運動 清單
126         if (recordList == null || recordList.isEmpty()
127             ()) {
128             System.out.println("運動 清單 空空空.");
129             return; // 運動 清單 空空空
130         }
131         System.out.println("運動 清單 清單: ");
132         int exChoose = sc.nextInt() - 1; // 選擇 運動
133         // 選擇 運動
134         if (exChoose >= 0 && exChoose < recordList.
135             size()) {
136             ERecords selectedExercise = recordList.
137                 get(exChoose); // 取得 運動
138             double caloriesBurned = selectedExercise
139                 .getECalolies(); // 取得 燃燒熱量
140             String exerciseDate = selectedExercise.
141                 getEDate(); // 取得 運動 日期
142             menu.setEMDate(exerciseDate); // 設置 運動
143
144             // 取得 食物 清單
145             List<EFood> foodCalsList = savedFood;
146             // 取得 食物 清單
147             if (foodCalsList != null) {
148                 foodCalsList.sort((a, b) -> b.
149                     getFoCals() - a.getFoCals()); // 將 食物 清單 排序
150
151                 System.out.println("消耗 热量: " +
152                     caloriesBurned + " kcal");
153
154                 // 計算 剩餘 食物 清單
155                 for (EFood foods : foodCalsList) {

```

```
148         int foodCalories = foods.
149             getFoCals(); // 計算 热量
150             if (foodCalories > 0) {
151                 int foodCount = (int) (
152                     caloriesBurned / foodCalories); // 耗卡路里 / 热量
153                     System.out.println(foods.
154             getFoName() + " " + foodCount + "份");
155             }
156             }
157             } else {
158                 System.out.println("未选择 食物");
159             }
160         }
161 }
```

```
1 package Util;
2
3 import ExDAO.Calender;
4 import ExDAO.ExSQL;
5 import ExDTO.EGoals;
6 import ExDTO.ExTypes;
7
8 import java.util.List;
9 import java.util.Scanner;
10
11 public class GoalsUtil {
12     ExSQL sql = new ExSQL(); // အသေခြင်း အတွက် အသေခြင်း
13     Scanner sc = new Scanner(System.in); // အသေခြင်း အတွက်
14     // အသေခြင်း အတွက်
15     // အသေခြင်း အတွက်
16     public void goal(EGoals goals, String EId) {
17
18         // အသေခြင်း အတွက် အသေခြင်း အတွက် အသေခြင်း အတွက်
19         goals.setEGNum(sql.goalsNum());
20         goals.setEGId(EId); // အသေခြင်း အတွက်
21
22         // အသေခြင်း အတွက်
23         System.out.println("အသေခြင်း အတွက် အသေခြင်း အတွက်");
24         // အသေခြင်း အတွက် အသေခြင်း အတွက်
25         List<ExTypes> exNameList = sql.getExName();
26         // အသေခြင်း အတွက် အသေခြင်း အတွက်
27         ExTypes selectedExercise = selectExerciseName
(exNameList);
28
29         // အသေခြင်း အတွက် အသေခြင်း အတွက်
30         if (selectedExercise != null) {
31             // အသေခြင်း အတွက် အသေခြင်း အတွက် အသေခြင်း အတွက်
32             goals.setECNUM(selectedExercise.getEXNUM
());
33             goals.setETEx(selectedExercise.getExName
());
34         } else if (exNameList == null || exNameList.
isEmpty()) {
35             // အသေခြင်း အတွက် အသေခြင်း အတွက် အသေခြင်း အတွက်
```

```

36             System.out.println("目标 ID: " + goalId +
37                         " 目标名称: " + goalName);
38         }
39
40         // 提交输入流
41         System.out.println("正在提交输入流 (0) >>");
42         int goalTime = sc.nextInt(); // 读取输入流中的整数
43
44         goals.setETExTime(goalTime); // 设置目标的结束时间
45
46         // 读取日期 (年 月 日)
47         Calender.calendar(0);
48         System.out.print("请输入结束日期 >> ");
49         String startDate = sc.next(); // 读取输入流中的字符串
50
51         // 读取日期
52         System.out.print("请输入开始日期 >> ");
53         String endDate = sc.next(); // 读取输入流中的字符串
54
55         // 读取日期 (900 00)
56         String day = "2024-09-"; // 年 月 日 900 00
57         // 读取输入流中的字符串
58         String sdayStart = day + String.format("%02d",
59             Integer.parseInt(startDate)); // 读取输入流中的整数
60         String sdayEnd = day + String.format("%02d",
61             Integer.parseInt(endDate)); // 读取输入流中的整数
62
63         goals.setEEDate(sdayEnd); // 设置目标的结束日期
64         goals.setESDate(sdayStart); // 设置目标的开始日期
65
66         // 检查目标是否存在
67         if (sql.isGoalExists(EId, startDate, endDate))
68             // 如果存在，输出错误信息
69             System.out.println("目标 ID: " + goalId +
70                         " 已经存在.");
71
72         return; // 提交输入流并返回
73     }
74
75     // 其他方法...

```

```
70         sql.saveGoal(goals); // 保存 目标 到数据库
71     }
72
73     // 打印 所有 项目
74     static ExTypes selectExerciseName(List<ExTypes>
    exList) {
75         Scanner sc = new Scanner(System.in); // 从标准输入
76         Scanner sc2 = new
    System.out.println("所有 项目 显示");
77
78         // 打印 所有 项目
79         for (int i = 0; i < exList.size(); i++) {
80             System.out.println("[ " + (i + 1) + "]"
    exList.get(i).getExName());
81         }
82         System.out.println("请输入 项目号 >>");
83
84         // 读取输入 项目号
85         int selectedNum = sc.nextInt() - 1; // 从 1 开始
    10 为 第一个 项目
86
87         // 根据 项目号 打印
88         if (selectedNum >= 0 && selectedNum < exList
    .size()) {
89             return exList.get(selectedNum); // 返回
    项目 对象
90         } else {
91             // 错误 提示
92             System.out.println("输入 错误.");
93             return null; // 返回 null 表示
    不存在
94         }
95     }
96 }
```

```
1 package Util;
2
3 import ExDAO.ExSQL;
4 import ExDTO.EMember;
5
6 import java.util.Scanner;
7
8 public class MemberUtil {
9
10    public void Info(String EId) {
11        Scanner sc = new Scanner(System.in);
12        ExSQL sql = new ExSQL();
13
14        EMember member;
15        boolean run = true;
16
17        while (run) {
18            System.out.println(
19                "=====");
20            System.out.println("[1]会员信息\t[2]修改信息\t");
21            System.out.println("\t[3]退出系统\t");
22            System.out.println("\t[4]会员列表\t[5]添加会员\t");
23            System.out.println("\t[6]删除会员");
24            System.out.println(
25                "=====");
26            System.out.println("请选择 > ");
27            int menu = sc.nextInt();
28            switch (menu) {
29                case 1:
30                    member = sql.memberDetail(EId);
31                    System.out.println(
32                        "=====");
33                    System.out.println("[1]查看\t[2]修改\t");
34                    System.out.println("\t[3]退出\t");
35                    System.out.println("\t[4]添加\t[5]删除\t");
36                    System.out.println("\t[6]退出系统");
37                    System.out.println(
38                        "=====");
39                    System.out.print("请输入 1-6 > ");
40            }
41        }
42    }
43}
```

```
32 );
33             int menu2 = sc.nextInt();
34             switch (menu2) {
35                 case 1:
36                     System.out.print("이름 ");
37                     member.setEPw(sc.next());
38                     break;
39                 case 2:
40                     System.out.print("나이 > ");
41                     member.setEName(sc.next());
42                     break;
43                 case 3:
44                     System.out.print("나이 > ");
45                     member.setEAge(sc.nextInt());
46                     break;
47                 case 4:
48                     System.out.print("성별 > ");
49                     member.setEGender(sc.next());
50                     break;
51                 case 5:
52                     System.out.print("이메일 ");
53                     member.setEEEmail(sc.next());
54                     break;
55                 case 6:
56                     System.out.print("전화번호 ");
57                     member.setEPhone(sc.next());
58                     break;
59                 case 7:
60                     System.out.print("종료 > ");
61             }
```

```

61                         member.setEHeight(sc.
62                         nextInt());
63                         break;
64                         case 8:
65                         System.out.print("请输入
66                         >> ");
67                         member.setEWeight(sc.
68                         nextInt());
69                         break;
70                         }
71                         sql.ememberUpdate(member);
72                         break;
73                         case 2:
74                         sql.memberList(EId);
75                         break;
76                         case 3:
77                         GraphUtility.
78                         displayCaloriesGraph(EId);
79                         break;
80                         case 4:
81                         sql.gList(EId);
82                         break;
83                         case 5:
84                         System.out.print("是否删除该用户? (
85                         Y/N)>> ");
86                         String checkDelete = sc.next();
87                         if (checkDelete.equals("y")) {
88                             sql.ememberDelete(EId);
89                             EId = "";
90                         } else {
91                             System.out.println("删除成功.");
92                         }
93                         break;
94                         run = false; // 退出
95                         break;

```

```
95
96             default:
97                 System.out.println("请输入会员信息.");
98             }
99         }
100    }
101 }
102 public void exjoin(EMember member) {
103     Scanner sc = new Scanner(System.in);
104     System.out.println("请输入 >>");
105     member.setEId(sc.nextInt());
106     System.out.println("请输入 >>");
107     member.setEPw(sc.nextInt());
108     System.out.println("请输入 >>");
109     member.setEName(sc.next());
110     System.out.println("请输入 >>");
111     member.setEAge(sc.nextInt());
112     System.out.println("请输入 >>");
113     member.setEGender(sc.nextInt());
114     System.out.println("请输入 >>");
115     member.setEEmail(sc.next());
116     System.out.println("请输入 >>");
117     member.setEPhone(sc.next());
118     System.out.println("请输入 >>");
119     member.setEHeight(sc.nextInt());
120     System.out.println("请输入 >>");
121     member.setEWeight(sc.nextInt());
122 }
123 }
124 }
```

```

1 package Util;
2
3 import ExDAO.Calender;
4 import ExDAO.ExSQL;
5 import ExDTO.EMember;
6 import ExDTO.ERecords;
7 import ExDTO.ExTypes;
8
9 import java.util.List;
10 import java.util.Scanner;
11
12 public class RecordUtil {
13     ExSQL sql = new ExSQL(); // 定义一个对象，调用ExSQL类
14     Scanner sc = new Scanner(System.in); // 定义一个对象，调用Scanner类
15
16     public void record(ERecords records, String EId
17 ) {
18         // 定义一个ID
19         records.setERNum(sql.recordNum()); // 定义一个ID
20
21         records.setERId(EId); // 定义一个ID
22
23         int ExNum = 1; // 定义一个ID
24
25         // 定义一个EMember
26         EMember member = sql.emList(EId); // 定义一个EMember
27
28
29         System.out.println("显示所有信息");
30         List<ExTypes> exNameList = sql.getExName();
31
32         // 显示所有信息
33         if (exNameList == null || exNameList.isEmpty()
() ) {

```

```

34         System.out.println("请输入要修改的记录序号。");
35         return; // 退出方法
36     }
37
38     // 打印所有记录
39     System.out.println("所有记录如下");
40     for (int i = 0; i < exNameList.size(); i++) {
41         System.out.println("[ " + (i + 1) + "]"
42             + exNameList.get(i).getExName()); // 打印记录名
43     }
44     System.out.print("请选择要修改 > ");
45     int selectedIndex = sc.nextInt() - 1; // 从1开始
46
47     // 根据输入索引修改记录
48     if (selectedIndex >= 0 && selectedIndex <
        exNameList.size()) {
49         ExTypes selectedExercise = exNameList.get(
        selectedIndex); // 获取选中的记录
50         records.setERHNum(selectedExercise.
        getEXNUM()); // 设置记录ID
51         records.setEExType(selectedExercise.
        getExName()); // 设置记录类型
52     } else {
53         System.out.println("输入错误，请重新输入。");
54     }
55 }
56
57 // 输入日期
58 Calender calendar = Calender.calendar(); // 创建日历对象
59 System.out.print("请输入日期(格式：YYYY-MM-DD) > ");
60 String EDate = sc.next(); // 读取输入的字符串
61 String day = "2024-09-"; // 定义年份和月份
62 String sday = day + String.format("%02d",
        Integer.parseInt(EDate)); // '2024-09-01' 格式化日期
63 records.setEDate(sday); // 设置记录日期
64
65 // 打印所有记录

```

```
66         System.out.print("记录 (0) >> ");
67         int time = sc.nextInt(); // 输入时间
68         records.setETime(time); // 设置时间
69
70         // 输入体重
71         float weight = member.getEWeight(); // 体重
72         float exCalories = extype.getExCalories(); // 例
73         // 热量
74         System.out.println("体重: " + weight); // 打印
75         System.out.println("例热量: " + exCalories); // 打印
76
77         // 计算燃烧卡路里
78         double caloriesBurned = exCalories * weight
79             * (time / 60.0); // 转换为分钟
80         records.setECalories((int) caloriesBurned);
81         // 打印结果
82         System.out.printf("燃烧卡路里: %.2f kcal\n",
83             caloriesBurned); // 打印结果
84
85         // 检查是否存在记录
86         if (sql.checkExistingRecords(EId, EDate)) {
87             // 如果存在，更新
88             Calender.calendar(Integer.parseInt(EDate));
89         } // 如果不存在，插入
90     }
91 }
```

```

1 package Util;
2
3 import ExDAO.ExSQL;
4 import ExDTO.ERecords;
5
6 import javax.swing.*;
7 import java.awt.*;
8 import java.util.*;
9 import java.util.List;
10
11 public class GraphUtility {
12     private static JFrame frame; //   JFrame
13
14     //      
15     public static void displayCaloriesGraph(String
16 EId) {
17         ExSQL sql = new ExSQL(); //   
18         ExSQL  
19         // SQL EId   
20         List<ERecords> recordsList = sql.recordList(
21 EId); // EId  
22
23         //  JFrame    
24         if (frame == null) {
25             frame = new JFrame("  "); // 
26             JFrame 
27             frame.setDefaultCloseOperation(JFrame.
28             EXIT_ON_CLOSE); //    
29             frame.setSize(1000, 1000); //   
30         } else {
31             frame.getContentPane().removeAll(); // 
32              
33             for (ERecords record : recordsList) {

```

```
34         // 2024 09 26 00 (0: "2024-09-26 10:00:  
35         // 00" -> "2024-09-26")  
36         String exerciseDate = record.getEDate().  
37         split(" ")[0];  
38         int calories = record.getECalories();  
39  
40         // 00 000 000 00 000000000000  
41         caloriesByDate.merge(exerciseDate,  
42         calories, Integer::sum);  
43     }  
44  
45     // 0000 000 000 JFrame  
46     frame.add(new GraphPanel(caloriesByDate));  
47     // Map  
48     frame.revalidate(); // 000 00 000  
49     frame.repaint(); // 000 00 000  
50     frame.setVisible(true); // 0000 000 00  
51 }  
52  
53 // 0000 000 JPanel  
54 class GraphPanel extends JPanel {  
55     private Map<String, Integer> caloriesByDate; //  
56     // 00000 000 000 00000  
57     public GraphPanel(Map<String, Integer>  
58         caloriesByDate) {  
59         this.caloriesByDate = caloriesByDate;  
60     }  
61  
62     // 0000 000 000 (JPanel paintComponent 000 00000)  
63     @Override  
64     protected void paintComponent(Graphics g) {  
65         super.paintComponent(g); // 00 000 00 00  
66  
67         // 000 000 000 000  
68         int width = getWidth();  
69         int height = getHeight();  
70         // 00 000 000 00 000 00000 00000 00
```

```

68         int barWidth = width / (caloriesByDate.size()
69             () + 2);
70         // 00 000 00 0000 0000 00 00 00
71         int maxCalories = caloriesByDate.values().
72             stream().max(Integer::compareTo).orElse(1);
73
74         int index = 0; // 0000 00 000
75             // 000 000 0000 0000 00 00 00
76         List<Color> colors = Arrays.asList(Color.
77             BLUE, Color.GREEN, Color.RED, Color.YELLOW, Color.
78             CYAN, Color.MAGENTA, Color.ORANGE, Color.PINK);
79
80         // 0000 0000 00 000
81         for (Map.Entry<String, Integer> entry :
82             caloriesByDate.entrySet()) {
83             String date = entry.getKey(); // 00
84             int calories = entry.getValue(); // 00
85                 // 000 0000 0000 00 00
86             Color color = colors.get(Math.abs(date.
87                 hashCode()) % colors.size());
88             g.setColor(color); // 00 00 00
89
90             // 0 00 00 0000 0000 00
91             int barHeight = (int) ((calories /
92                 double) maxCalories) * (height - 100)); // 1000 00
93
94             // 0 00 00 000 0 00
95             g.setColor(Color.BLACK);
96             g.drawString(calories + " kcal", 50 +

```

```
97         int textWidth = g.getFontMetrics().  
98             stringWidth(date);  
99             g.drawString(date, 50 + (index *  
100             barWidth) + (barWidth / 2) - (textWidth / 2) - 10,  
101             height - 5); // ၁၀ ၂၀၂၀ ၁၀ ၁၀  
102  
103             // Y၀၀ ၂၀၀ ၁၀ ၁၀  
104             g.setColor(Color.BLACK);  
105             // ၁၀ ၂၀၀ ၁၀ ၂၀၂၀ 10 ၂၀၀ ၂၀၀ ၁၀  
106             for (int i = 0; i <= maxCalories; i += (  
maxCalories / 10)) {  
107                 int y = height - 50 - (int) ((i / (  
double) maxCalories) * (height - 100));  
108                 g.drawString(String.valueOf(i), 10, y);  
// Y၀၀ ၂၀၀ ၁၀ ၁၀  
109                 g.drawLine(45, y, 50, y); // Y၀၀ ၂၀၀ ၁၀  
110             }  
111  
112             // X၀၀ Y၀ ၁၀၀ ၁၀ ၁၀  
113             g.drawString("၁၀ ၂၀ ၃၀၂၀", width / 2 - 50, 30  
); // ၁၀၀ ၂၀ ၁၀  
114             g.drawLine(50, height - 50, width, height -  
50); // X၀ ၂၀၀  
115             g.drawLine(50, 50, 50, height - 50); // Y၀  
၂၀၀  
116         }  
117 }
```

```
1 package ExDAO;
2
3 public class Color {
4     // Text colors
5     public static final String RESET = "\u001B[0m";
6     // Reset color
7     public static final String BLACK = "\u001B[30m"
8     ; // Black
9     public static final String RED = "\u001B[31m"
10    ; // Red
11    public static final String GREEN = "\u001B[32m"
12    ; // Green
13    public static final String YELLOW = "\u001B[33m"
14    ; // Yellow
15    public static final String BLUE = "\u001B[34m"
16    ; // Blue
17    public static final String MAGENTA = "\u001B[35m"
18    ; // Magenta
19    public static final String CYAN = "\u001B[36m"
20    ; // Cyan
21    public static final String WHITE = "\u001B[37m"
22    ; // White
23    // Bright text colors
24    public static final String BRIGHT_BLACK = "\u001B
[90m"; // Bright Black
25    public static final String BRIGHT_RED = "\u001B[
91m"; // Bright Red
26    public static final String BRIGHT_GREEN = "\u001B
[92m"; // Bright Green
27    public static final String BRIGHT_YELLOW = "\u
001B[93m"; // Bright Yellow
28    public static final String BRIGHT_BLUE = "\u001B[
94m"; // Bright Blue
29    public static final String BRIGHT_MAGENTA = "\u
001B[95m"; // Bright Magenta
30    public static final String BRIGHT_CYAN = "\u001B[
96m"; // Bright Cyan
31    public static final String BRIGHT_WHITE = "\u001B
[97m"; // Bright White
32    public static final String BRIGHT_GRAY = "\u001B[
37m";
```

```
24  
25 }
```

```

1 package ExDAO;
2
3 import ExDTO.*;
4 import Util.ExUtil;
5
6 import java.sql.*;
7 import java.util.ArrayList;
8 import java.util.List;
9
10 public class ExSQL {
11
12     Connection con; // oneksiyon ı̇çin Connection ı̇
13     PreparedStatement pstmt; // SQL ı̇çinPreparedStatement ı̇
14     ResultSet rs; // SQL ı̇çin	ResultSet ı̇
15
16     // ı̇çinPreparedStatement ı̇çin	ResultSet ı̇
17     public void conClose() {
18         try {
19             con.close(); // ı̇çinPreparedStatement ı̇çin	ResultSet ı̇
20         } catch (SQLException e) {
21             throw new RuntimeException(e); // ı̇çinPreparedStatement ı̇çin	ResultSet ı̇
22         }
23     }
24
25     // ı̇çinPreparedStatement ı̇çin	ResultSet ı̇
26     public void join(EMember member) {
27         con = ExUtil.getConnection(); // ı̇çinPreparedStatement ı̇çin	ResultSet ı̇
28         try {
29             String sql = "INSERT INTO EMEMBER VALUES
30             (?, ?, ?, ?, ?, ?, ?, ?, ?)"; // SQL ı̇çinPreparedStatement ı̇çin	ResultSet ı̇
31             pstmt = con.prepareStatement(sql); // ı̇çinPreparedStatement ı̇çin	ResultSet ı̇
32
33             pstmt.setString(1, member.getEId());
34             pstmt.setString(2, member.getEPw());
35             pstmt.setString(3, member.getEName());
36             pstmt.setInt(4, member.getEAge());
37             pstmt.setString(5, member.getEGender());
38             pstmt.setString(6, member.getEEmail());

```

```

38             pstmt.setString(7, member.getEPhone());
39             pstmt.setInt(8, member.getEHeight());
40             pstmt.setInt(9, member.getEWeight());
41
42         int result = pstmt.executeUpdate(); // 旲
43
44         // 旲旲旲 旲
45         if (result > 0) {
46             System.out.println(member.getEName()
47             () + "旲旲旲!! 旲旲旲 旲 旲旲旲旲.");
48         } else {
49             System.out.println("旲旲旲 旲");
50         }
51     } catch (Exception e) {
52         throw new RuntimeException(e); // 旲 旲 旲
53     }
54
55     // 旲旲旲 旲
56     public boolean login(String EId, String EPw) {
57         con = ExUtil.getConnection(); // 旲旲旲旲 旲
58         try {
59             String sql = "SELECT * FROM EMEMBER WHERE
EID = ? AND EPW =? "; // SQL 旲
60             pstmt = con.prepareStatement(sql); // 旲
61
62             // PreparedStatement旲 旲旲 旲
63             pstmt.setString(1, EId);
64             pstmt.setString(2, EPw);
65
66             rs = pstmt.executeQuery(); // 旲 旲
67
68             EMember member; // 旲 旲旲 旲 旲
69
70             if (rs.next()) { // 旲旲 旲旲 旲
71                 member = new EMember();
72                 member.setEId(rs.getString("EId"));
73
74             } // 旲旲 旲

```

```
73                     member.setEPw(rs.getString("EPw"));
74                     //  
75                     return true; //  
76                 } else {
77                     System.out.println("  ");
78                     //   
79                     }
80             } catch (SQLException e) {
81                 throw new RuntimeException(e); //  
82             }
83         }
84         //   
85     public void ExRecord(ERecords eRecords) {
86         con = ExUtil.getConnection(); //  
87         try {
88             String sql = "INSERT INTO ERECORDS
89             VALUES (?, ?, ?, ?, ?, ?, ?, ?)"; // SQL 
90             pstmt = con.prepareStatement(sql); // 
91             // PreparedStatement  
92             pstmt.setInt(1, eRecords.getERNum());
93             pstmt.setString(2, eRecords.getERId());
94             pstmt.setInt(3, eRecords.getERHNum());
95             pstmt.setString(4, eRecords.getEExType
96             ());
97             pstmt.setString(5, eRecords.getEDate());
98             pstmt.setInt(6, eRecords.getETime());
99             pstmt.setInt(7, eRecords.getECalories
100             ());
101
102             //   
103             int result = pstmt.executeUpdate(); //
104             //   
105             if (result > 0) {
106                 System.out.println("");
107             } else {
```

```

106                     System.out.println("异常信息");
107                 }
108             } catch (SQLException e) {
109                 System.out.println("SQL 异常信息: " + e.
110                         getMessage());
110                 e.printStackTrace(); // 打印堆栈
111             }
112         }
113
114     // 记录条数
115     public int recordNum() {
116         int ErNum = 0; // 记录条数
117         con = ExUtil.getConnection(); // 获得连接
118         try {
119             String sql = "SELECT MAX(ERNUM) FROM
119 ERECORDS"; // 构造 SQL
120             pstmt = con.prepareStatement(sql); // 执行
121
122             rs = pstmt.executeQuery(); // 执行查询
123
124             if (rs.next()) { // 得到一行
125                 ErNum = rs.getInt(1); // 取得值
126             }
127         } catch (SQLException e) {
128             throw new RuntimeException(e); // 抛出异常
129         }
130         return ErNum + 1; // 返回条数
131     }
132
133     // 成员列表
134     public EMember emList(String EId) {
135         con = ExUtil.getConnection(); // 获得连接
136         EMember member = null; // 成员对象
137
138         try {
139             String sql = "SELECT ENAME, EHEIGHT,
139 EWEIGHT FROM EMEMBER WHERE EId = ?"; // SQL
140             pstmt = con.prepareStatement(sql); // 执行
141

```

```

141                 pstmt.setString(1, EId); //       
142                 rs = pstmt.executeQuery(); //      
143
144                 if (rs.next()) { //            
145                     member = new EMember();
146                     member.setEName(rs.getString("EName"
147 ); //      
147                     member.setEHeight((int) rs.getFloat(
148 "EHeight")); //     
148                     member.setEWeight((int) rs.getFloat(
149 "EWeight")); //       
149                 }
150
151             } catch (SQLException e) {
152                 throw new RuntimeException(e); //      
153             }
154         return member; // EMember      
155     }
156
157     //       :                 
158     private List<ExTypes> getExTypes(String column
159 ) {
160         con = ExUtil.getConnection(); //          
161         List<ExTypes> exList = new ArrayList<>();
162         try {
163             String sql = "SELECT EXNUM, " + column
164             + " FROM EXTYPES"; // SQL   
165             pstmt = con.prepareStatement(sql); //   
166
167             rs = pstmt.executeQuery(); //      
168
169             while (rs.next()) { //               
170                 ExTypes extypes = new ExTypes(); //
171                 extypes.setEXNUM(rs.getInt("EXNUM"
172 )); //         
173                 if ("EXNAME".equals(column)) { //
174

```

```

171             extypes.setExName(rs.getString("EXNAME")); // �� ��
172                     }
173                     exList.add(extypes); // ��� ��
174                 }
175             } catch (Exception e) {
176                     throw new RuntimeException(e); // �� ��
177             }
178         return exList; // �� �� �� ��
179     }
180
181
182 // �� �� �� ��
183 public List<ExTypes> getExName() {
184     return getExTypes("EXNAME"); // �� ��
185 }
186
187 // �� �� �� �� ��
188 public EMember memberDetail(String eId) {
189     con = ExUtil.getConnection(); // �� ��
190     EMember member = new EMember(); // �� �� ��
191
192     try {
193         // (1) sql ��
194         String sql = "SELECT * FROM EMEMBER
195 WHERE EID = ?"; // SQL ��
196
197         // (2) DB��
198         pstmt = con.prepareStatement(sql); // ��
199
200         // (3) '?' �� �� ('?' �� ��)
201         pstmt.setString(1, eId); // �� ��
202
203         // (4) �� : select => rs
204         rs = pstmt.executeQuery(); // �� ��
205
206         // (5) ��
207         if (rs.next()) { // �� �� ��
208             member.setEId(rs.getString(1)); //

```

```

207     // 会员信息
208     member.setEPw(rs.getString(2)); // 身份证号
209     member.setEName(rs.getString(3));
210     // 年龄
211     member.setEAge(rs.getInt(4)); // 年龄
212     // 性别
213     member.setEGender(rs.getString(5));
214     // 邮箱
215     member.setEEmail(rs.getString(6));
216     // 手机号
217     member.setEPhone(rs.getString(7));
218     // 身高
219     member.setEHeight(rs.getInt(8)); // 身高
220     // 体重
221     member.setEWeight(rs.getInt(9)); // 体重
222
223     public void ememberUpdate(EMember member) {
224         con = ExUtil.getConnection(); // 获取连接
225         try {
226             // (1) SQL语句
227             String sql = "UPDATE EMEMBER SET EPW = ?, ENAME = ?, EAGE = ?, EGENDER = ?, EEMAIL = ?, EPHONE = ?, EHEIGHT=? , EWEIGHT=? WHERE EID = ?";
228
229             // (2) PreparedStatement 对象
230             pstmt = con.prepareStatement(sql);
231
232             // (3) '?' 的值
233             pstmt.setString(1, member.getEPw());
234             pstmt.setString(2, member.getEName());
235             pstmt.setInt(3, member.getEAge());
236             pstmt.setString(4, member.getEGender());

```

```

237             pstmt.setString(5, member.getEEmail());
238             pstmt.setString(6, member.getEPhone());
239             pstmt.setInt(7, member.getEHeight());
240             pstmt.setInt(8, member.getEWeight());
241             pstmt.setString(9, member.getEId());
242
243             // (4) ��
244             int result = pstmt.executeUpdate();
245
246             // (5) �� ��
247             if (result > 0) {
248                 System.out.println("���� ��� ���");
249             } else {
250                 System.out.println("�� ��");
251             }
252         } catch (SQLException e) {
253             throw new RuntimeException(e); // �� ��
254         }
255     }
256
257     // �� ��
258     public void ememberDelete (String EId) {
259         Connection con = null;
260         PreparedStatement pstmt = null;
261
262         try {
263             con = ExUtil.getConnection(); // ���
264
265             String deleteGoalsRecords = "DELETE FROM
266             EGOALS WHERE EGID = ?"; // �� �� �� SQL
267             pstmt = con.prepareStatement(
268                 deleteGoalsRecords);
269             pstmt.setString(1, EId); // EId ��
270             pstmt.executeUpdate(); // �� �� �� ��
271
272             String deleteMENURecords = "DELETE FROM
273             MENU WHERE EMID = ?"; // �� �� �� SQL
274             pstmt = con.prepareStatement(

```

```

271 deleteMENURecords);
272         pstmt.setString(1, EId); // EId ፩
273         pstmt.executeUpdate(); // የዚህ ደረሰኝ በቻ ይሆናል
274
275         // የዚህ ደረሰኝ በቻ ይሆናል ስለዚህ የሚከፈልጉትን
276         String deleteRecords = "DELETE FROM
277             ERECORDS WHERE ERID = ?"; // የዚህ ደረሰኝ ስለ SQL
278         pstmt = con.prepareStatement(
279             deleteRecords);
280         pstmt.setString(1, EId); // EId ፩
281         pstmt.executeUpdate(); // የዚህ ደረሰኝ በቻ ይሆናል
282
283         // የዚህ ደረሰኝ
284         String sql = "DELETE FROM EMEMBER WHERE
285             EID = ?"; // የዚህ ደረሰኝ
286         pstmt = con.prepareStatement(sql);
287         pstmt.setString(1, EId); // EId ፩
288
289         int result = pstmt.executeUpdate(); //
290         የዚህ ደረሰኝ
291         if (result > 0) {
292             System.out.println("የዚህ ደረሰኝ ተደርገዋል!");
293         } else {
294             System.out.println("የዚህ ደረሰኝ");
295         }
296     } catch (SQLException e) {
297         // የዚህ ደረሰኝ ስለዚህ የሚከፈልጉትን ደረሰኝ
298         System.out.println("የዚህ ደረሰኝ ተደርገዋል: "
299             + e.getMessage());
300     } finally {
301         // የዚህ ደረሰኝ
302         try {
303             if (pstmt != null) pstmt.close();
304             // PreparedStatement ደረሰኝ
305             if (con != null) con.close(); // የዚህ
306             ደረሰኝ
307         } catch (SQLException e) {
308             // የዚህ ደረሰኝ ስለዚህ የሚከፈልጉትን ደረሰኝ
309             System.out.println("የዚህ ደረሰኝ ተደርገዋል: "
310                 + e.getMessage());
311         }
312     }
313 }

```

```

303         }
304     }
305 }
306 // ...
307 public void memberList(String EId) {
308     con = ExUtil.getConnection(); // ...
309
310     ArrayList<EMember> memberList = new
311     ArrayList<>(); // ...
312     try {
313         String sql = "SELECT * FROM EMEMBER
314             WHERE EID = ?"; // ...
315         pstmt = con.prepareStatement(sql);
316         pstmt.setString(1, EId); // EId ...
317         rs = pstmt.executeQuery(); // ...
318
319         while (rs.next()) { // ...
320             EMember member = new EMember();
321             member.setEId(rs.getString(1));
322             member.setEPw(rs.getString(2));
323             member.setEName(rs.getString(3));
324             member.setEAge(rs.getInt(4));
325             member.setEGender(rs.getString(5));
326             member.setEEmail(rs.getString(6));
327             member.setEPhone(rs.getString(7));
328             member.setEHeight(rs.getInt(8));
329             member.setEWeight(rs.getInt(9));
330             memberList.add(member); // ...
331         }
332
333         // ...
334         if (memberList.isEmpty()) {
335             System.out.println("... ... ... .");
336         } else {
337             for (EMember mlist : memberList) {
338                 System.out.println(mlist); // ...
339             }
340         }
341     } catch (SQLException e) {

```

```

340             System.out.println("SQL ܵܵ: " + e.
341                 getMessage()); // ܵܵ ܵܵ ܵܵ ܵܵ ܵܵ
342             } finally {
343                 conClose(); // ܵܵ ܵܵ ܵܵ ܵܵ
344             }
345
346             // ܵܵ ܵܵ ܵܵ ܵܵ
347             public List<ERecords> recordList(String EId) {
348                 con = ExUtil.getConnection(); // ܵܵܵܵܵܵ ܵܵ
349
350                 List<ERecords> rList = new ArrayList<>();// ܵܵ ܵܵ ܵܵ ܵܵ
351
352                 try {
353                     String sql = "SELECT * FROM ERECORDS
354                         WHERE ERID = ? ORDER BY ERNUM"; // ܵܵ ܵܵ ܵܵ SQL ܵܵ
355                     pstmt = con.prepareStatement(sql);
356                     pstmt.setString(1, EId); // EId ܵܵ
357                     rs = pstmt.executeQuery(); // ܵܵ ܵܵ
358
359                     while (rs.next()) { // ܵܵ ܵܵ ܵܵ
360                         ERecords records = new ERecords();
361                         records.setERNum(rs.getInt(1));
362                         records.setERId(rs.getString(2));
363                         records.setERHNum(rs.getInt(3));
364                         records.setEExType(rs.getString(4));
365                         records.setEDate(rs.getString(5));
366                         records.setETime(rs.getInt(6));
367                         records.setECalories(rs.getInt(7));
368                         rList.add(records); // ܵܵܵܵ ܵܵ
369                     }
370
371                     for (ERecords records : rList) {
372                         System.out.println(records);
373                     }
374                 } catch (SQLException e) {
375                     throw new RuntimeException(e); // ܵܵ ܵܵ
376                 }
377             }

```

```

376             return rList;
377     }
378
379     // ...
380     public List<EFood> getfoodlist() {
381         con = ExUtil.getConnection(); // ...
382
383         try {
384             String sql = "SELECT * FROM FOOD"; // ...
385             pstmt = con.prepareStatement(sql);
386
387             rs = pstmt.executeQuery(); // ...
388
389             while (rs.next()) { // ...
390                 EFood foods = new EFood();
391                 foods.setFoNum(rs.getInt(1));
392                 foods.setFoName(rs.getString(2));
393                 foods.setFoGrams(rs.getString(3));
394                 foods.setFoCals(rs.getInt(4));
395                 foList.add(foods); // ...
396             }
397         } catch (SQLException e) {
398             throw new RuntimeException(e); // ...
399         }
400
401         return foList; // ...
402     }
403
404     // ...
405     public void saveGoal(EGoals goals) {
406         con = ExUtil.getConnection(); // ...
407
408         try {
409             String sql = "INSERT INTO EGOALS VALUES
410             (?, ?, ?, ?, ?, ?, ?)"; // ...
411             // PreparedStatement ...
412             SQL ...

```



```

440
441             if (rs.next()) {
442                 EgNum = rs.getInt(1); // ፩፻ ፻ ፻
443             }
444         } catch (SQLException e) {
445             throw new RuntimeException(e); // ፩፻ ፻
446         }
447     return EgNum + 1; // ፩፻ ፻ ፻ ፻
448 }
449
450 // ፩፻ ፻ ፻ ፻ ፻
451 public void gList(String EId) {
452     con = ExUtil.getConnection(); // ፩፻፻፻፻ ፻
453
454     ArrayList<EGoals> gList = new ArrayList
455     <>(); // ፩፻ ፻ ፻ ፻ ፻
456
457     try {
458         String sql = "SELECT * FROM EGOALS WHERE
459         EGID = ?"; // ፩፻ ፻ SQL ፻
460         pstmt = con.prepareStatement(sql);
461         pstmt.setString(1, EId); // EId ፻
462
463         rs = pstmt.executeQuery(); // ፩፻ ፻
464
465         while (rs.next()) { // ፩፻ ፻ ፻
466             EGoals goal = new EGoals();
467             goal.setEgNum(rs.getInt(1));
468             goal.setEGId(rs.getString(2));
469             goal.setECNUM(rs.getInt(3));
470             goal.setETEx(rs.getString(4));
471             goal.setETExTime(rs.getInt(5));
472             goal.setESDate(rs.getString(6));
473             goal.setEEDate(rs.getString(7));
474             gList.add(goal); // ፩፻ ፻
475         }
476
477         // ፩፻ ፻ ፻ ፻
478         for (EGoals egoal : gList) {

```

```

476                     System.out.println(goal); // 输出
477             }
478
479         } catch (SQLException e) {
480             e.printStackTrace(); // 打印堆栈信息
481         } finally {
482             conClose(); // 关闭连接
483         }
484     }
485
486     // 根据ID查询
487     public ExTypes tList(int Exnum) {
488         con = ExUtil.getConnection(); // 获取连接
489
490         ExTypes types = null; // 定义返回对象
491
492         try {
493             // (1) SQL语句
494             String sql = "SELECT EXNAME, EXCALORIES
495             FROM EXTYPES WHERE EXNUM = ?";
496             pstmt = con.prepareStatement(sql); //
497             PreparedStatement pstmt
498             pstmt.setInt(1, Exnum); // 设置参数
499             rs = pstmt.executeQuery(); // 执行查询
500
501             // (2) 处理结果
502             if (rs.next()) {
503                 types = new ExTypes(); // 创建对象
504                 ExTypes types
505                 types.setExName(rs.getString("EXNAME
506             ")); // 设置名称
507                 types.setExCalories((int) rs.
508                 getFloat("EXCALORIES")); // 设置卡路里
509             }
510
511         } catch (SQLException e) {
512             throw new RuntimeException(e); // 抛出异常
513         }
514     }

```

```

508         return types; // ExTypes 旲 旲
509     }
510
511     // 旲 旲 旲 旲 旲 旲
512     public boolean checkExistingRecords(String eId,
513                                         String edate) {
514         con = ExUtil.getConnection(); // 旲旲旲旲 旲
515
516         try {
517             // (1) SQL旲 旲
518             String sql = "SELECT COUNT(*) FROM
519             ERECORDS WHERE ERID = ? AND TO_CHAR(EDATE, 'DD
520             ') = ?";
521
522             pstmt = con.prepareStatement(sql); // PreparedStatement 旲
523             pstmt.setString(1, eId); // 旲 旲 旲
524             pstmt.setString(2, edate); // 旲 旲
525
526             ResultSet rs = pstmt.executeQuery(); // 旲 旲
527
528             if (rs.next()) {
529                 // (2) 旲 旲
530                 int count = rs.getInt(1); // 旲 旲
531
532                 if (count > 0) {
533                     System.out.println("旲 旲 旲 旲
534                     旲 旲"); // 旲 旲 旲 旲
535                 }
536             } catch (SQLException e) {
537                 e.printStackTrace(); // 旲 旲 旲 旲 旲
538
539             }
540
541             return false; // 旲 旲 旲 旲 旲
542         }
543
544         // 旲 旲 旲 旲 旲 旲

```

```

539
540     public boolean isGoalExists(String EId, String
541         EsDate, String EeDate) {
542         con = ExUtil.getConnection(); // 資料庫連接
543
544         try {
545             // (1) SQL文
546             String sql = "SELECT COUNT(*) FROM
547             EGOALS WHERE EGID = ? AND TO_CHAR(ESDATE,'DD') >= ?
548             AND TO_CHAR(EEDATE,'DD')<= ?";
549             pstmt = con.prepareStatement(sql); // PreparedStatement
550             pstmt.setString(1, EId); // 第一個參數
551             pstmt.setString(2, EsDate); // 第二個參數
552             pstmt.setString(3, EeDate); // 第三個參數
553             rs = pstmt.executeQuery(); // 執行查詢
554
555             // (2) 結果判斷
556             if (rs.next()) {
557                 int count = rs.getInt(1); // 取得結果
558                 if (count > 0) {
559                     System.out.println("目標存在");
560                 } else {
561                     System.out.println("目標不存在");
562                 }
563             } catch (SQLException e) {
564                 e.printStackTrace(); // 打印堆疊軌跡
565             }
566         }
567
568         public int getFoodCals(int FoNum) {
569             int foNum =1;
570             con = ExUtil.getConnection();

```

```

571         try {
572             String sql = "SELECT * FROM FOOD WHERE
573             FONUM = ? ";
574             pstmt = con.prepareStatement(sql);
575             pstmt.setInt(1,FoNum);
576             rs = pstmt.executeQuery();
577             if (rs.next()) {
578                 rs.getInt("FONUM");
579                 rs.getString("FONAME");
580                 rs.getString("FOGRAMS");
581                 rs.getInt("FOCALLS");
582                 rs.getInt("FOPROTEIN");
583                 rs.getInt("FOCARBOHYDRATES");
584                 rs.getInt("FOFATS");
585             }
586
587         } catch (SQLException e) {
588             throw new RuntimeException(e);
589         }
590         return foNum ;
591     }
592
593     public void insertMenu(E_Menu menu) {
594         String sql = "INSERT INTO MENU VALUES
595         (?, ?, ?, ?, ?, ?, ?, ?)" // SQL 语句
596         try {
597             pstmt = con.prepareStatement(sql); // 语句
598             pstmt.setInt(1, menu.getEMNUM());
599             pstmt.setString(2, menu.getEMID());
600             pstmt.setString(3, menu.getEMDate());
601             pstmt.setInt(4, menu.getECalories());
602             pstmt.setInt(5, menu.getEProtein());
603             pstmt.setInt(6, menu.getECarbohydrates());
604             pstmt.setInt(7, menu.getEFats());
605             pstmt.setInt(8,menu.getEfNum());
606             int result = pstmt.executeUpdate(); // 执行语句
607
608             // 结果返回

```

```
609         if (result > 0) {
610             System.out.println("菜单 读取成功");
611         }
612     } catch (Exception e) {
613         throw new RuntimeException(e); // 异常 抛出
614     }
615 }
616
617 public int menuNum() {
618     con = ExUtil.getConnection();
619     int EmNum = 0;
620     try{
621         String sql = "SELECT MAX(EMNUM) FROM
622 MENU";
623         pstmt = con.prepareStatement(sql);
624         rs = pstmt.executeQuery(); // 执行查询
625         if (rs.next()) {
626             EmNum = rs.getInt(1); // 取得结果
627         }
628     } catch (Exception e) {
629         throw new RuntimeException(e);
630     }
631     return EmNum+1;
632 }
633
634 }
635
```

```
1 package ExDAO;
2
3 public class Calender {
4     // ANSI \0 \0 \0 \0
5     public static final String red = "\u001B[31m"
6     ;      // \0\0
7     public static final String blue = "\u001B[34m"
8     ;      // \0\0
9     public static final String exit = "\u001B[0m"
10    ;      // \0 \0\0
11    // \0\0 \0
12
13
14    public static void calendar(int highlightDay) {
15        // \0\0 \0 StringBuilder \0\0
16        StringBuilder calendar = new StringBuilder();
17
18        // \0 \0 \0\0\0
19        calendar.append(
20            "  \n" + calendar.append("  \n") + "2024 - 09" + "\n");
21        calendar.append("  \n" + calendar.append("  \n"));
22        calendar.append("  \n" + calendar.append("  \n") + "\n");
23
24        int startDay = 1;           // \0 \0 (SUN\0
25        int daysInMonth = 30;       // 9\0 \0 (\0: 30\0)
26
27        // \0 \0 \0
28        for (int week = 0; week < 5; week++) {
29            // \0 \0 \0
30            for (int day = 1; day <= 7; day++) {
31                int currentDay = week * 7 + day -
32                    startDay + 1; // \0 \0 \0
33
34                if (currentDay == highlightDay) {
35                    calendar.append(red);
36                } else if (currentDay % 7 == 0) {
37                    calendar.append(blue);
38                } else {
39                    calendar.append(exit);
40                }
41
42                calendar.append(" " + currentDay);
43
44            }
45
46        }
47
48        System.out.println(calendar);
49    }
50}
```

```

31             if (currentDay > 0 && currentDay <=
32                 daysInMonth) {
33                     if (highlightDay == currentDay) {
34                         //   CYAN  
35                         calendar.append(" | " + Color
36                         .CYAN + String.format("%2d", currentDay) + exit + " "
37                         );
38                     } else {
39                         //    .
40                         if (day == 1) { // 
41                             calendar.append(" | " +
42                             red + String.format("%2d", currentDay) + exit + " ");
43                         } else if (day == 7) { // 
44                             calendar.append(" | " +
45                             blue + String.format("%2d", currentDay) + exit + " "
46                         );
47                     } else { // 
48                         calendar.append(" | " +
49                         String.format("%2d", currentDay) + " ");
50                     }
51                 } else {
52                     calendar.append(" |      "); // 
53                 }
54             }
55             calendar.append(
56             "-----|\n"); //   
57             System.out.print(calendar); //   
58         }
59     }

```

```
1 package ExDTO;
2
3 public class EBMI {
4     int EBmiNum;
5     int EBmiCode;
6     String EBmiId;
7     String EBmiName;
8     String EBmiScale;
9
10    public int getEBmiNum() {
11        return EBmiNum;
12    }
13
14    public void setEBmiNum(int EBmiNum) {
15        this.EBmiNum = EBmiNum;
16    }
17
18    public String getEBmiId() {
19        return EBmiId;
20    }
21
22    public void setEBmiId(String EBmiId) {
23        this.EBmiId = EBmiId;
24    }
25
26    public String getEBmiName() {
27        return EBmiName;
28    }
29
30    public void setEBmiName(String EBmiName) {
31        this.EBmiName = EBmiName;
32    }
33
34    public String getEBmiScale() {
35        return EBmiScale;
36    }
37
38    public void setEBmiScale(String EBmiScale) {
39        this.EBmiScale = EBmiScale;
40    }
41}
```

```
42
43     public int getEBmiCode() {
44         return EBmiCode;
45     }
46
47     public void setEBmiCode(int EBmiCode) {
48         this.EBmiCode = EBmiCode;
49     }
50
51
52
53     @Override
54     public String toString() {
55         return "BMI [" +
56                 "EBmiNum=" + EBmiNum +
57                 ", EBmiId='" + EBmiId + '\'' +
58                 ", EBmiName='" + EBmiName + '\'' +
59                 ", EBmiScale='" + EBmiScale + '\'' +
60                 ", EBmiCode=" + EBmiCode +
61                 "]";
62     }
63
64
65 }
66
```

```
1 package ExDTO;
2
3 public class EFood {
4     private int FoNum;           // 营养素编号
5     private String FoName;       // 营养素名称
6     private String FoGrams;      // 营养素量
7     private int FoCals;          // 营养素热量
8     private int FoProtein;       // 蛋白质
9     private int FoCarbohydrates; // 碳水化合物
10    private int FoFats;          // 脂肪
11
12    public int getFoNum() {
13        return FoNum;
14    }
15
16    public void setFoNum(int foNum) {
17        FoNum = foNum;
18    }
19
20    public String getFoName() {
21        return FoName;
22    }
23
24    public void setFoName(String foName) {
25        FoName = foName;
26    }
27
28    public String getFoGrams() {
29        return FoGrams;
30    }
31
32    public void setFoGrams(String foGrams) {
33        FoGrams = foGrams;
34    }
35
36    public int getFoCals() {
37        return FoCals;
38    }
39
40    public void setFoCals(int foCals) {
41        FoCals = foCals;
```

```
42     }
43
44     public int getFoProtein() {
45         return FoProtein;
46     }
47
48     public void setFoProtein(int foProtein) {
49         FoProtein = foProtein;
50     }
51
52     public int getFoCarbohydrates() {
53         return FoCarbohydrates;
54     }
55
56     public void setFoCarbohydrates(int
57         foCarbohydrates) {
58         FoCarbohydrates = foCarbohydrates;
59     }
60
61     public int getFoFats() {
62         return FoFats;
63     }
64
65     public void setFoFats(int foFats) {
66         FoFats = foFats;
67     }
68
69     @Override
70     public String toString() {
71         return "EFood{" +
72             "FoNum=" + FoNum +
73             ", FoName=\"" + FoName + '\"' +
74             ", FoGrams=\"" + FoGrams + '\"' +
75             ", FoCals=" + FoCals +
76             ", FoProtein=" + FoProtein +
77             ", FoCarbohydrates=" +
78             FoCarbohydrates +
79             ", FoFats=" + FoFats +
80             '}';
81     }
82 }
```

```
1 package ExDTO;
2
3 public class E_Menu {
4
5     private int EMNUM;
6     private String EMID;                                // ID
7     private String EMDate;                             // Date
8     private int ECalories;                            // Calories
9     private int EProtein;                            // Protein
10    private int ECarbohydrates;                     // Carbohydrates
11    private int EFats;                               // Fats
12    private int EfNum;
13
14    public int getEMNUM() {
15        return EMNUM;
16    }
17
18    public void setEMNUM(int EMNUM) {
19        this.EMNUM = EMNUM;
20    }
21
22    public String getEMID() {
23        return EMID;
24    }
25
26    public void setEMID(String EMID) {
27        this.EMID = EMID;
28    }
29
30    public String getEMDate() {
31        return EMDate;
32    }
33
34    public void setEMDate(String EDate) {
35        this.EMDate = EDate;
36    }
37
38    public int getECalories() {
39        return ECalories;
40    }
41
```

```
42     public void setECalories(int ECalories) {
43         this.ECalories = ECalories;
44     }
45
46     public int getEProtein() {
47         return EProtein;
48     }
49
50     public void setEProtein(int EProtein) {
51         this.EProtein = EProtein;
52     }
53
54     public int getECarbohydrates() {
55         return ECarbohydrates;
56     }
57
58     public void setECarbohydrates(int ECarbohydrates)
59     {
60         this.ECarbohydrates = ECarbohydrates;
61     }
62
63     public int getEFats() {
64         return EFats;
65     }
66
67     public void setEFats(int EFats) {
68         this.EFats = EFats;
69     }
70
71     public int getEfNum() {
72         return EfNum;
73     }
74
75     public void setEfNum(int efNum) {
76         EfNum = efNum;
77     }
78
79     @Override
80     public String toString() {
81         return "E_Menu{" +
```

```
82             "EMNUM=" + EMNUM +
83             ", EMID='" + EMID + '\'' +
84             ", EMDate='" + EMDate + '\'' +
85             ", ECalories=" + ECalories +
86             ", EProtein=" + EProtein +
87             ", ECarbohydrates=" + ECarbohydrates
88             +
89             ", EFats=" + EFats +
90             ", EfNum=" + EfNum +
91             '}';
92     }
93 }
```

```
1 package ExDTO;
2
3
4 public class EGoals {
5
6     private int EGNum;          // 例題番号
7     private String EGId;        // 例題ID
8     private int ECNUM;          // Ex-Target-Exercise, 例題番号
9     private String ETEx;         // Ex-Target-Exercise, 例題名
10    private int ETExTime;       // Ex-Target-Exercise, 例題時間
11    private String ESDate;      // Ex-Start-Date, 開始日付
12    private String EEDate;      // Ex-End-Date, 終了日付
13
14    public int getEGNum() {
15        return EGNum;
16    }
17
18    public void setEGNum(int EGNum) {
19        this.EGNum = EGNum;
20    }
21
22    public String getEGId() {
23        return EGId;
24    }
25
26    public void setEGId(String EGId) {
27        this.EGId = EGId;
28    }
29
30    public int getECNUM() {
31        return ECNUM;
32    }
33
34    public void setECNUM(int ECNUM) {
35        this.ECNUM = ECNUM;
36    }
37
38    public String getETEx() {
39        return ETEx;
```

```

40     }
41
42     public void setETEx(String ETEx) {
43         this.ETEx = ETEx;
44     }
45
46     public int getETExTime() {
47         return ETExTime;
48     }
49
50     public void setETExTime(int ETExTime) {
51         this.ETExTime = ETExTime;
52     }
53
54     public String getESDate() {
55         return ESDate;
56     }
57
58     public void setESDate(String ESDate) {
59         this.ESDate = ESDate;
60     }
61
62     public String getEEDate() {
63         return EEDate;
64     }
65
66     public void setEEDate(String EEDate) {
67         this.EEDate = EEDate;
68     }
69
70     @Override
71     public String toString() {
72         return "EGoals{" +
73             "EGNum : [" + EGNum + "]\n" +
74             "EGId : [" + EGId + "]\n" +
75             "ECNUM : [" + ECNUM + "]\n" +
76             "ETEx : [" + ETEx + "]\n" +
77             "ETExTime : [" + ETExTime + "]\n" +
78             "ESDate : [" + ESDate + "]\n" +
79             "EEDate : [" + EEDate + "]\n" +

```

```
80 "L" + "\n";  
81     }  
82 }  
83
```

```
1 package ExDTO;
2
3 public class EMember {
4     private String EId;          //ID 串
5     private String EPw;          //密码 串
6     private String EName;        //姓名 串
7     private int EAge;           //年龄 整数
8     private String EGender;      //性别 串
9     private String EEmail;       //邮箱 串
10    private String EPhone;       //电话 串
11    private int EHeight;        //身高 整数
12    private int EWeight;        //体重 整数
13
14    public String getEId() {
15        return EId;
16    }
17
18    public void setEId(String EId) {
19        this.EId = EId;
20    }
21
22    public String getEPw() {
23        return EPw;
24    }
25
26    public void setEPw(String EPw) {
27        this.EPw = EPw;
28    }
29
30    public String getEName() {
31        return EName;
32    }
33
34    public void setEName(String EName) {
35        this.EName = EName;
36    }
37
38    public int getEAge() {
39        return EAge;
40    }
41
```

```
42     public void setEAge(int EAge) {
43         this.EAge = EAge;
44     }
45     public String getEGender() {
46         return EGender;
47     }
48
49     public void setEGender(String EGender) {
50         this.EGender = EGender;
51     }
52     public String getEEEmail() {
53         return EEmail;
54     }
55
56     public void setEEEmail(String EEmail) {
57         this.EEmail = EEmail;
58     }
59
60     public String getEPhone() {
61         return EPhone;
62     }
63
64     public void setEPhone(String EPhone) {
65         this.EPhone = EPhone;
66     }
67
68     public int getEHeight() {
69         return EHeight;
70     }
71
72     public void setEHeight(int EHeight) {
73         this.EHeight = EHeight;
74     }
75
76     public int getEWeight() {
77         return EWeight;
78     }
79
80     public void setEWeight(int EWeight) {
81         this.EWeight = EWeight;
82     }
```

```
83
84     @Override
85     public String toString() {
86         return "【EMember】\n"
87             +
88             "【EId】 : 【+EId+】\n" +
89             "【EPw】 : 【+EPw+】\n" +
90             "【EName】 : 【+EName+】\n" +
91             "【EAge】 : 【+EAge+】\n" +
92             "【EGender】 : 【+EGender+】\n" +
93             "【EEmail】 : 【+EEmail+】\n" +
94             "【EPhone】 : 【+EPhone+】\n" +
95             "【EHeight】 : 【+EHeight+】\n" +
96             "【EWeight】 : 【+EWeight+】\n" +
97     }
98 }
99
```

```
1 package ExDTO;
2
3
4
5 public class ExTypes {
6     private int EXNUM;
7     private String ExName;          // 例題名
8     private String ExCategory;     // 例題種別
9     private int ExCalories;        // カロリー数
10
11    public int getEXNUM() {
12        return EXNUM;
13    }
14
15    public void setEXNUM(int EXNUM) {
16        this.EXNUM = EXNUM;
17    }
18
19    public String getExName() {
20        return ExName;
21    }
22
23    public void setExName(String exName) {
24        ExName = exName;
25    }
26
27    public String getExCategory() {
28        return ExCategory;
29    }
30
31    public void setExCategory(String exCategory) {
32        ExCategory = exCategory;
33    }
34
35    public int getExCalories() {
36        return ExCalories;
37    }
38
39    public void setExCalories(int exCalories) {
40        ExCalories = exCalories;
41    }
}
```

```
42
43     @Override
44     public String toString() {
45         return
46             "借口名 : " + ExCategory +
47             "接口名 : " + ExName;
48     }
49 }
50
51
```

```
1 package ExDTO;
2
3
4 public class ERecords {
5     private int ERNum;           // 记录号
6     private String ERId; // 记录ID
7     private int ERHNum;
8     private String EExType;      // 锻炼类型
9     private String EDate;        // 锻炼日期
10    private int ETime;          // 锻炼时长
11    private int ECalories;       // 锻炼消耗卡路里
12
13    public int getERNum() {
14        return ERNum;
15    }
16
17    public void setERNum(int ERNum) {
18        this.ERNum = ERNum;
19    }
20
21    public String getERId() {
22        return ERId;
23    }
24
25    public void setERId(String ERId) {
26        this.ERId = ERId;
27    }
28
29    public int getERHNum() {
30        return ERHNum;
31    }
32
33    public void setERHNum(int ERHNum) {
34        this.ERHNum = ERHNum;
35    }
36
37    public String getEExType() {
38        return EExType;
39    }
40
41    public void setEExType(String EExType) {
```

```

42         this.EExType = EExType;
43     }
44
45     public String getEDate() {
46         return EDate;
47     }
48
49     public void setEDate(String EDate) {
50         this.EDate = EDate;
51     }
52
53     public int getETime() {
54         return ETime;
55     }
56
57     public void setETime(int ETime) {
58         this.ETime = ETime;
59     }
60
61     public int getECalories() {
62         return ECalories;
63     }
64
65     public void setECalories(int ECalories) {
66         this.ECalories = ECalories;
67     }
68
69     @Override
70     public String toString() {
71         return "\uD83C\uDFC3\u200D\u200D\uFE0F" + "\n" +
72             " { \u200D } " +
73             " \u200D : " + ERNum + "\n" +
74             " \u200D : " + ERId + "\n" +
75             " \u200D : " + ERHNum + "\n" +
76             " \u200D : " + EExType + "\n" +
77             " \u200D : " + EDate + "\n" +
78             " \u200D : " + ETime + "\n" +
79             " \u200D : " + ECalories + "\n" +
80

```

```
80 " " ;  
81     }  
82 }  
83
```

```
1 package ExMain;  
2  
3 import ExDAO.Color;  
4 import ExDAO.ExSQL;  
5 import ExDTO.EFood;  
6 import ExDTO.EGoals;  
7 import ExDTO.EMember;  
8 import ExDTO.ERecords;  
9  
10 import Util.*;  
11  
12 import java.util.Scanner;  
13  
14 public class Main {  
15     public static void main(String[] args) {  
16         Scanner sc = new Scanner(System.in);  
17         int menu = 0;  
18         int menu1 = 0;  
19         boolean run = true;  
20         boolean run2;  
21         ExSQL sql = new ExSQL();  
22         EMember member = new EMember();  
23         ERecords records = new ERecords();  
24         EGaols goals = new EGaols();  
25         BmiUtil bUtil = new BmiUtil();  
26         GoalsUtil gUtil = new GoalsUtil();  
27         RecordUtil rUtil = new RecordUtil();  
28         MenuUtil mUtil = new MenuUtil();  
29         MemberUtil memUtil = new MemberUtil();  
30         String EId;  
31         String EPw;  
32  
33         System.out.println(Color.BRIGHT_RED +  
34             "  
35             " +  
36             "  
37             "+
```

```
36 "          @000000      @000          \n"
  " +
37             Color.BRIGHT_YELLOW +
38
  "          @00000000      @00      @0000          \n"
  " +
39      "      @000      @000          @000      @000  @000          \n"
  " +
40      "      @000      @000000          @000000      @000          \n"
  " +
41      "      @000          @000          @0000          \n"
  " +
42             Color.BRIGHT_GREEN +
43
  "      @000          @00          @000          \n"
  " +
44      "          @000000      @000          @00000000          \n"
  " +
45      "          @000000  @000          @0000          \n"
  " +
46      "          @0000  @000          @00  @00          \n"
  " +
47             Color.BRIGHT_CYAN +
48
  "          @00  @000000          @00000000          \n"
  " +
49      "          @00      @00000000          @0000          \n"
  " +
50      "          @000          @0000          @0000          \n"
  " +
51      "          @0000          @000          @000          \n"
  " +
```

```

52                     Color.BRIGHT_MAGENTA +
53
54             "          @@@@     @@@     @@     \n"
55             "+           @@@@     @@@@@     @@     \n"
56             "+           @@@@@@     @@@@@@@@     \n"
57             "+           @@@@@@@@     \n"
58             "+ Color.RESET);
59
60         while(run){
61             System.out.println("=====@@@=====");
62             System.out.println("[1]@@@@\t\t\t[2]@@@\t");
63             System.out.println("\t\t\t[3]@@");
64             System.out.println("=====@@@=====");
65             System.out.println("@@ >>");
66             menu = sc.nextInt();
67             switch (menu) {
68                 case 1:
69                     memUtil.exjoin(member);
70                     sql.join(member);
71                     break;
72                 case 2:
73                     System.out.println("@@@ @@ : ");
74                     EId = sc.next();
75                     System.out.println("@@@ @@ : ");
76                     EPw = sc.next();
77                     run = true;
78                     run2 = true;
79                     boolean login = sql.login(EId,
80                     EPw);
81                     if(login) {
82                         member = sql.emList(EId);
83                         System.out.println(member.
84                         getEName() + "@@@ @@ @@!!!");

```

```

80                     while (run2) {
81                         System.out.println(
82                             "=====");
83                         System.out.println("[1]
84                             BMI\t\t[2]\t\t\t[3]\t\t\t\t");
85                         System.out.println("[4]
86                             \t\t[5]\t\t\t\t[6]\t\t\t\t");
87                         System.out.println(
88                             "=====");
89                         System.out.println("==>
90                         >>");

91                         menu1 = sc.nextInt();
92                         switch (menu1) {
93                             case 1:
94                                 bUtil.bmicul(EId
95 );
96                                 break;
97                             case 2:
98                                 gUtil.goal(goals
99 ,
EId);
94                                 break;
95                             case 3:
96                                 rUtil.record(
97                                     records, EId);
98                                 break;
99                             case 4:
100                                mUtil.menu(EId);
101                                break;
102                                memUtil.Info(EId
103 );
104                                break;
105                                run2 = false;
106                                System.out.
107                                 println("===== ===== ===== ");
108                                 System.out.
109                                 println("== == == == == == == == ");
109                         }
}

```

```
110                     }
111                     }
112                     break;
113                 case 3:
114                     run = false;
115                     sql.conClose();
116                     break;
117                 default:
118                     System.out.println("请输入正确的命令");
119                     break;
120                 }
121             }
122         }
123     }
124 }
```