Creating a Moderately Complex Program

The goal is to practice with for each loops, for next loops, and select case statements)

Dave is a 28-year old accountant for a Seattle-based company that sells an accounting software. In the last three years Dave stopped riding his bicycle and he gained 40 pounds, which is restricting the life he wants to live. Dave has decided to reduce his weight and improve his quality of life. Dave's doctor advised him to reduce his daily caloric intake to 3000 calories, except if he is exercising vigorously. Dave went on rent-a-coder to ask for a web program that keeps track of his calories so that he can limit his caloric intake to the suggested 3000 calories. Since your profile on rent-a-coder is increasing, you have chosen to take on this weekend project.

For Breakfast Dave's habit is to consume a latte and scone (500 of the recommended 3000 daily calories). For lunch Dave often goes to the salad bar at Safeway and creates huge salads. While the salads provide nutritional value, Dave also includes too much of the food that is high calorie (ie., he sometimes adds a cup of cheese, or ham, and very little kale or spinach). Dave wants to know how much his lunch calories are, so that accounting for breakfast (500 calories) and lunch (you calculate), he knows how many calories he can eat for dinner and snacks.

Requirements:

1. Create a webpage that Dave can use when he is at the salad bar for lunch and making choices. Use a checkboxlist with the calorie values for ten options that make up the popular salad bar choices in set quantities (eg., kale is 200 calories for a cup, black olives are 200 calories for a large spoon). Use salad bar choices that vary in caloric values, you can make up these caloric values or do the research.

2. Make the salad bar program give Dave a big red stopsign warning picture to stop adding salad bar items when he goes over 1500 calories so that he has 1000 calories left for dinner. Use a for each loop that reads the caloric values in the .value property for each item in checkboxlist. After the loop runs to total the calories, if the calories are >1500 then give a message to Dave to stop adding to his salad so show a red stop sign.

3. Add another checkboxlist of food items (of your choice) and their caloric values for Dinner. Dave will use your app to decide what he can eat for dinner. Dave also goes out for dinner each night (he has no idea how to cook anything other than accounting books - hahaha :-) so he needs to know what is caloric budget is.

Add some dinner items to a radiobutton list (or similar) and make their caloric values such that Dave can eat something for dinner, but again receive a image warning if his dinner selection puts him over the 3000 daily calories (after adding in the breakfast and lunch calories). You can either set the picture of an image to something good or a stop sign; or you can use the .visible property of an imagebox to show or hide [visible = true or false] an image.

Use a select case to add some textual output to the dinner selection routing, based on Dave's total caloric intake for the day.

Use several ranges in your select case something like calories > 3000, "Please be more cautious Dave",

calories >2700 and < 2999 "good job Dave" and other messages. The program should give the red warning sign if the dinner selection would make the daily total go over 3000 calories.

4. Add a clear button for each checkbox list.

5. Dave was given the idea from his doctor that he can eat more if he exercises more. Add a checkboxlist that allows multiple exercise selections (for example 500 calories burned for walking 1 hours, 200 calories burned for doing 100 sit-ups. Earning these 'calorie points' will increase the amount of food (number of calories) that Dave has for the entire day. So rather than the 3000 total calories allowable, if Dave goes for a walk he can eat 3200 calories of food.

You can choose the exercises and calories earned. Here is a sample list, you can find others.

6. Add one more functionality as you see fit, and make sure to mention what additions you made in the submission document so that you may receive credit