HEALTHY YOU
Ruby terminal application

► By Juan Manjarres

What is Healthy You?

Healthy You is a health and nutrition calculator that will help you establish whether you are in a healthy weight range for your height and the recommended approach to achieve a healthier weight and improve your wellbeing.

Healthy you is the ultimate nutrition calculator that can guide you through your journey, whether it is losing weight, building muscle or improving your health, we are here to help you achieve your goal.

Press enter to continue

Key Features

- Calculates BMI

- Allows to choose goal:

    Lose weight

    Build Muscle

    Improve health

- Provides daily calorie intake and macros

BMI calculator

This feature will provide the users Body Mass Index figure, which is calculated by dividing your weight in kilograms by your height in metres squared.

```
Hi kate, there is some basic information we need before we start the calculator…

What is your age? (Don't worry we won't tell)
31
What is your biological sex?
female
What is your height in mts?
1.61
What is your current weight in kg?
64
Thanks for the information.
```

```
Based on the information provided, we have calculated your BMI (Body Mass Index).
Your Body Mass Index is, 24. This is considered normal_weight

          Press enter to continue
```

Goal option

Based on the BMI result obtained, the users will determine its health goal.

The goal options provided in the app are:

Lose weight

Build muscle

Improve health


```
What is your goal? (Press ↑/↓ arrow to move and Enter to select)
▶ Lose weight
  Build Muscle
  Improve health
  Exit
```

Calories and Macros

The application will calculate the number of calories required by the user in order to achieve their health goal and will also provide the appropriate ratio of nutrients needed to meet the goal.
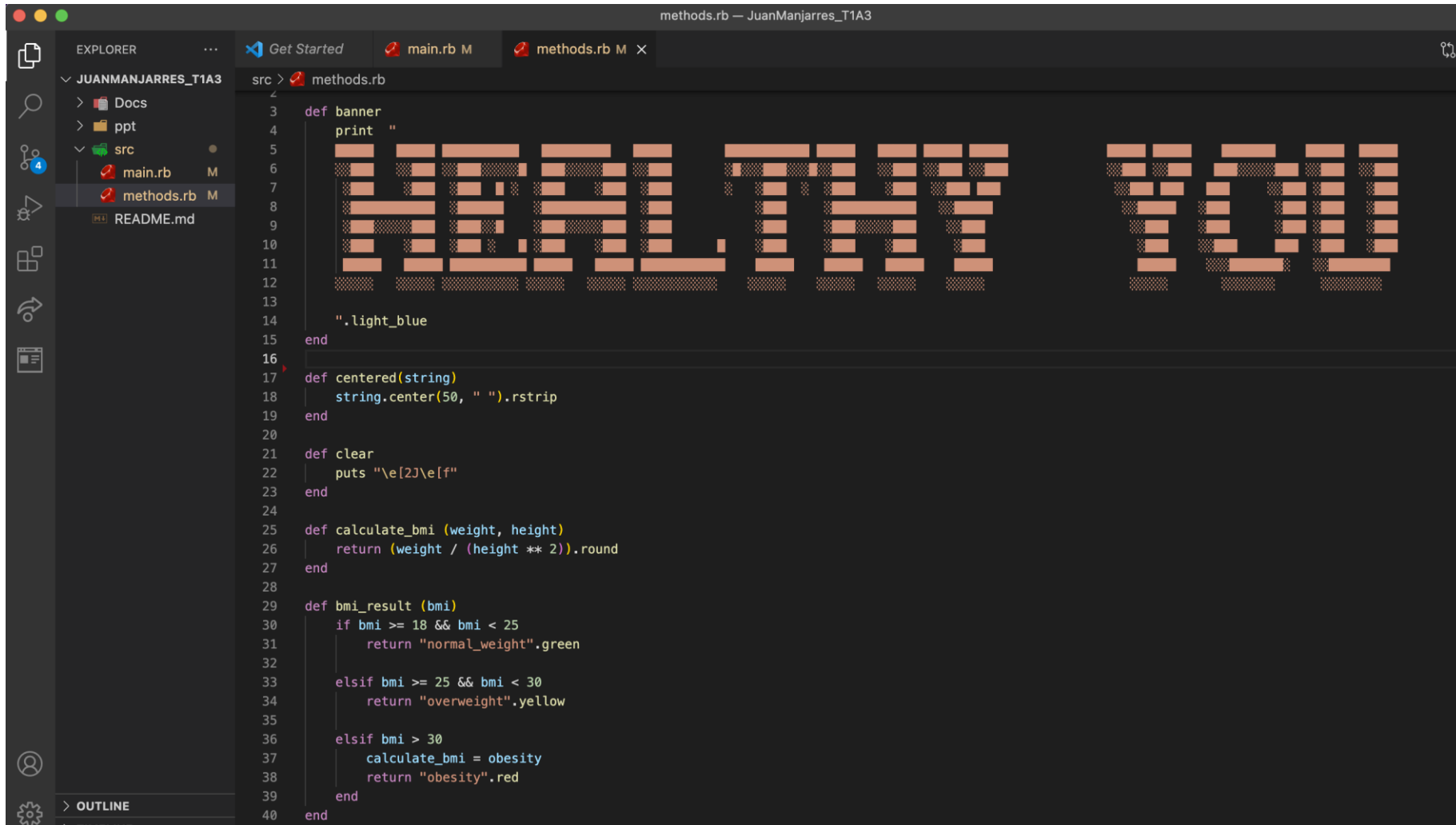
```
+-----------------------------+
|         BRIEF SUMMARY       |
+--------------------+--------+
| Age                | 31     |
| Current Weight     | 64     |
| Macro Percentages  | 30(c), 40(p), 30(f) |
+--------------------+--------+

(c) = Carbs
(p) = Protein
(f) = Fats

To maintain your current weight requires about (2062). Calories per day.
To reach your goal of 58 kg in 30 days at your current body weight and activity level, requires about: 1540 Calories per day
```
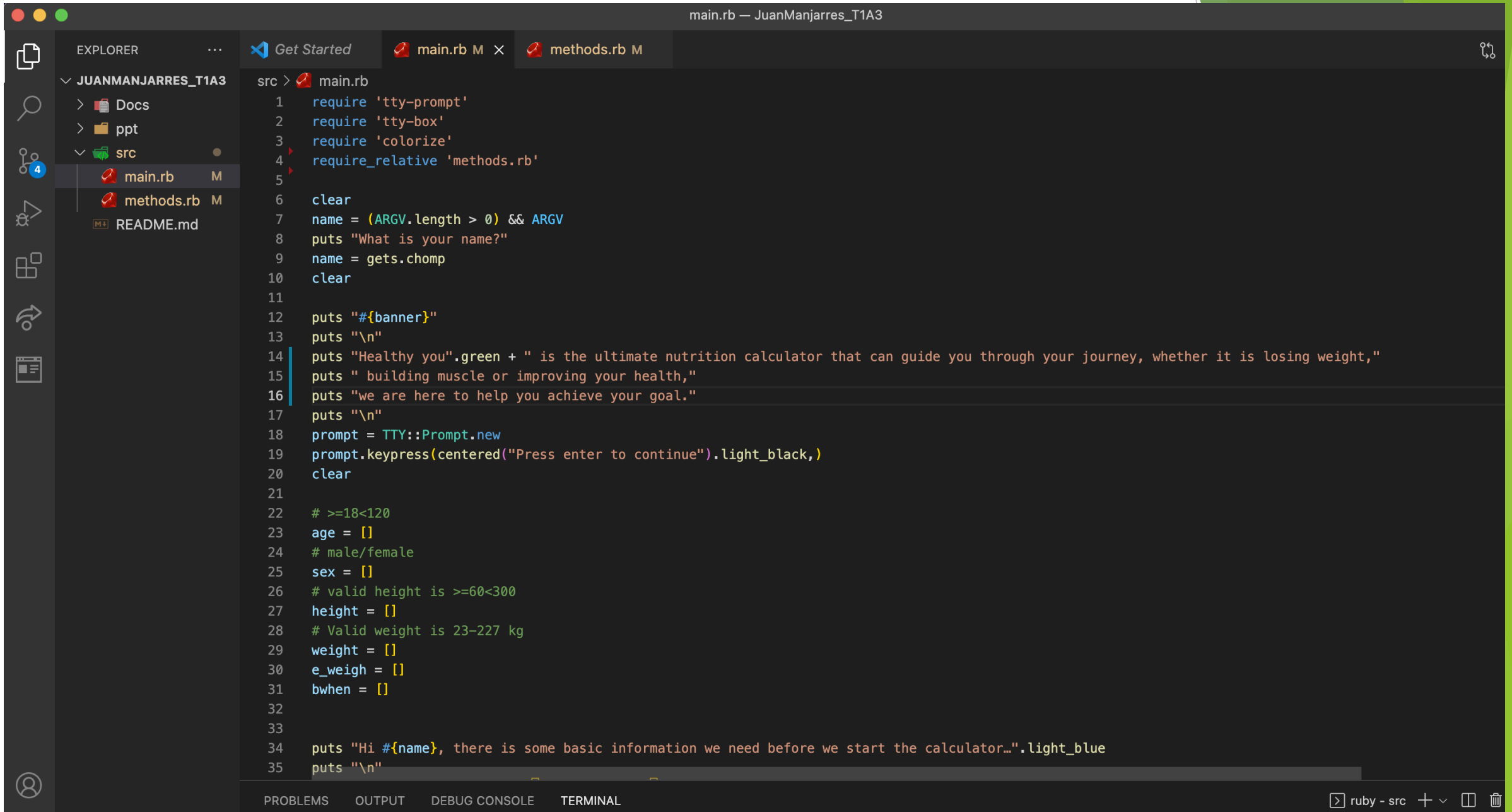
The code

```ruby
def banner
    print "

    ".light_blue
end

def centered(string)
    string.center(50, " ").rstrip
end

def clear
    puts "\e[2J\e[f"
end

def calculate_bmi (weight, height)
    return (weight / (height ** 2)).round
end

def bmi_result (bmi)
    if bmi >= 18 && bmi < 25
        return "normal_weight".green

    elsif bmi >= 25 && bmi < 30
        return "overweight".yellow

    elsif bmi > 30
        calculate_bmi = obesity
        return "obesity".red
    end
end
```

```ruby
require 'tty-prompt'
require 'tty-box'
require 'colorize'
require_relative 'methods.rb'

clear
name = (ARGV.length > 0) && ARGV
puts "What is your name?"
name = gets.chomp
clear

puts "#{banner}"
puts "\n"
puts "Healthy you".green + " is the ultimate nutrition calculator that can guide you through your journey, whether it is losing weight,"
puts " building muscle or improving your health,"
puts "we are here to help you achieve your goal."
puts "\n"
prompt = TTY::Prompt.new
prompt.keypress(centered("Press enter to continue").light_black,)
clear

# >=18<120
age = []
# male/female
sex = []
# valid height is >=60<300
height = []
# Valid weight is 23-227 kg
weight = []
e_weigh = []
bwhen = []


puts "Hi #{name}, there is some basic information we need before we start the calculator…".light_blue
puts "\n"
```

Development process

1.Planning: Created a control flow chart to understand the classes and methods needed to build the application.

2. Time Management: Built a Trello board to clearly outline tasks as well as prioritise and assign due dates.

3. GitHub: Initiated a remote repository and committed regularly.

Workspaces ∨ | Recent ∨ | Starred ∨ | Templates ∨ | Create

Search

☐ Board ∨ | **Healthy You-Implementation Plan** ☆ | JPManjarre's Workspace | ⚮ Workspace visible | JR | 👤 Invite | ⚡ Automation | ☰ Filter | ⋯ Show menu

Document requirements ⋯

Completed
Develop an outline of the user interaction and experience for the application
🕐 Dec 11   ☑ 3/3

In progress
Develop a diagram which describes the control flow of your application
🕐 Dec 13   ☑ 0/2

Almost done
Develop an implementation plan
🕐 Dec 13   ☑ 0/3

In progress
Design help documentation which includes a set of instructions that accurately describe how to use and install the application

+ Add a card

Features ⋯

Completed
BMI Calculator
🕐 Dec 12   ☰

Almost done
Goal Options
🕐 Dec 14   ☰

Stucked
Calorie Intake and Macros Calculator
🕐 Dec 16   ☰

+ Add a card

Presentation ⋯

Completed
A walk-through of your Terminal application, its features and how it used
🕐 Dec 16

Almost done
A walk-through of the logic of your Terminal application and code
🕐 Dec 16

Almost done
A review of your development/build process including challenges, ethical issues, favourite parts, etc
🕐 Dec 16

+ Add a card

Code Requirements ⋯

In progress
Implement features in the software development plan you have designed. You must utilise a range of programming concepts and structures using Ruby such as:
☑ 2/7

Completed
Apply DRY (Don't Repeat Yourself) coding principles to all code produced.

In progress
Apply all styles and conventions for the programming language consistently to all code produced.

In progress
Creates an application that runs without error and has features that are consistent with the development

+ Add a card

Submission and Deliverables ⋯

Not there yet
General project documentation is to be compiled as a single markdown file named README.md
🕐 Dec 18

Not there yet
All files linked by the README.md fil must be included in a folder named docs. All resources included in this folder must be in either png, jpeg, pdf, or markdown (md) format
🕐 Dec 18

In progress
Slide deck of your presentation in pdf format
🕐 Dec 16

Not there yet
Source code for your entire project

+ Add a card

Challenges and favourite parts

Challenges:

- Inexperience fixing bugs
- Time management
- Fixing a line of code to fix a bug and break something   else in the program as result

Favourite parts:

- Solving an issue with the code and finally make it work!
- Finished the project with a much better understanding of Ruby
- Seeing the final product of all my effort