The Weight Manager

By Karan Sahu

The Weight Manager is an app that gives you the information you need to start managing your weight. All you do is you enter in your information and it gives you a rough calculation of your body's specification, what you have to do to get your goal, and approximately how long it will take. This app gives objective numbers you can work with so you can have a understanding of where you stand and what you have to do to reach your goals. Everyone has to start somewhere and with this app you can get a idea of what you need to do to get you started on the right path.

In this program it will be creating a personal profile for you, it is **recommended** that you open that file as a **text file**.

Good luck :)