#health-plan for clients

def gettime():

import datetime

return datetime.datetime.now()

def log():

print("Choose your client")

client = int(input("1. Amna \n2. Ammaila \n3. Kashaf"))

con = 1

if client == 1:

while con == 1:

print("What do you want to log for Amna?")

choice = int(input("1. Diet \n2. Activity"))

if choice == 1:

f = open("amna diet.txt", "a")

data = input("Enter what has Amna Eaten?")

f.write(str([str(gettime())]) + " " + data + "\n")

f.close()

else:

f = open("amna exercise.txt", "a")

data = input("How much time has Amna worked out?")

f.write(str([str(gettime())]) + " " + data + "\n")

f.close()

con = int(input("Do you want to log more for Amna? \n1. Yes \n2. No"))

elif client == 2:

while con == 1:

print("What do you want to log for Ammaila?")

choice = int(input("1. Diet \n2. Activity"))

if choice == 1:

f = open("ammaila diet.txt", "a")

data = input("Enter what has Ammaila Eaten?")

f.write(str([str(gettime())]) + " " + data + "\n")

f.close()

else:

f = open("ammaila exercise.txt", "a")

data = input("How much time has Ammaila worked out?")

f.write(str([str(gettime())]) + " " + data + "\n")

f.close()

con = int(input("Do you want to log more for Ammaila? \n1. Yes \n2. No"))

elif client == 3:

while con == 1:

print("What do you want to log for Hammad?")

choice = int(input("1. Diet \n2. Activity"))

if choice == 1:

f = open("hammad diet.txt", "a")

data = input("Enter what has Hammad Eaten?")

f.write(str([str(gettime())]) + " " + data + "\n")

f.close()

else:

f = open("kashaf exercise.txt", "a")

data = input("How much time has Kashaf worked out?")

f.write(str([str(gettime())]) + " " + data + "\n")

f.close()

con = int(input("Do you want to log more for Kashaf? \n1. Yes \n2. No"))

def retrieve():

con = 1

while con == 1:

print("Choose your client")

client = int(input("1. Amna \n2. Ammaila \n3. Kashaf"))

if client == 1:

print("What do you want to retrieve for Amna?")

choice = int(input("1. Diet \n2. Activity"))

if choice == 1:

f = open("amna diet.txt", "r")

print(f.readlines())

f.close()

else:

f = open("amna exercise.txt", "r")

print(f.readlines())

f.close()

elif client == 2:

print("What do you want to retrieve for Ammaila?")

choice = int(input("1. Diet \n2. Activity"))

if choice == 1:

f = open("ammaila diet.txt", "r")

print(f.readlines())

f.close()

else:

f = open("ammaila exercise.txt", "r")

print(f.readlines())

f.close()

elif client == 3:

print("What do you want to retrieve for Kashaf?")

choice = int(input("1. Diet \n2. Activity"))

if choice == 1:

f = open("Kashaf diet.txt", "r")

print(f.readlines())

f.close()

else:

f = open("kashaf exercise.txt", "r")

print(f.readlines())

f.close()

con = int(input("Do you want to retrieve any more details? \n1. Yes \n2. No"))

print("Welcome to Health care Management System")

ch = int(input("What do you want to do? \n1. Log \n2. Retrieve"))

if ch == 1:

log()

elif ch == 2:

retrieve()

else:

print("Wrong Input. Please try again.")