

# Fitness Pro

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<https://github.com/ksu-is/FitnessPro>

- This fitness app creates a personalized fitness plan that allows you to engage in all kinds of workouts and nutrient regimens.

Welcome to Fitness Pro!  
Select a meal option - breakfast, lunch, or dinner: dinner  
Choose from the following recipes:  
1. Sheet-Pan Salmon with Crispy Quinoa  
2. Chickpea Pasta with Mushrooms & Kale  
3. Chicken Tikka Masala with Rice  
Enter the number corresponding to your choice: 2  
Enter the portion size (in servings): 2

Nutrition Facts:  
Calories: 700g  
Carbs: 80g  
Protein: 30g  
Fat: 24g

Welcome to Fitness Pro, exercise guide where you will be asked various questions to help us provide you with the most comprehensive and personalized workout.  
Please enter yes or no for equipment: yes  
Please choose female or male: female  
Choose which area: ab  
['biceps curls', 'cactus arms', 'upright row', 'lying overhead tricep extension', 'tricep kickback', 'Curtsey lunge with bicep curl', 'Rear delt fly', 'triceps dip'] 10 - 12 times each exercise, 4 sets

