

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.

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Welcome to Fitness Pro, exercise guide where you will be asked
various questions to help us provide you will the most comprehen
sive 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 exer
cise, 4 sets
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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
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Nutrition Facts:
Calories: 700g
Carbs: 80g
Protein: 30g
Fat: 24g
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