

Start Program

Initialize an empty dictionary called users

Define function input_number(prompt):

 Loop forever:

 Try to input a number

 If valid, return the number

 If invalid, show "Invalid input" message

Define function register():

 Display "Registration"

 Input username

 If username already exists in users:

 Show "Username already exists"

 Return

 Input password

 Save username and password in users

 Show "Registration Successful"

Define function login():

 Set attempts to 3

 While attempts > 0:

 Display "Log In"

 Input username

 Input password

 If username and password match:

 Show "Login Successful"

 Return True

 Else:

 Decrease attempts by 1

 Show "Invalid credentials, attempts left"

 If attempts == 0:

 Ask user "Do you want to register instead? (Y/N)"

 If Yes:

 Return None

Else:

Reset attempts to 3

Return False

Define function input_data():

Input age

Loop until valid gender input (M/F):

Input gender

If gender is M or F, continue

Else, show "Invalid gender"

Input weight

Input height in cm

Convert height to meters

Calculate BMI = weight / (height * height)

Display BMI

If BMI < 18.5:

Display "Underweight advice"

Else if BMI between 18.5 and 24.9:

Display "Healthy weight advice"

Else if BMI between 25 and 29.9:

Display "Overweight advice"

Else:

Display "Obese advice"

Show user's age and gender

Define function weight_loss_plan():

Display "Weight Loss Plan"

Call input_data()

Display weight loss tips

Define function stay_healthy_plan():

Display "Stay Healthy Plan"

Call input_data()

Display healthy food and activity tips

Define function gain_muscle_plan():

Display "Gain Muscle Plan"

Call input_data()

Display muscle gain tips

Define function mental_wellness_plan():

Display "Mental Wellness Plan"

Call input_data()

Display mental health tips

Define function energy_boost_plan():

Display "Energy Boost Plan"

Call input_data()

Display energy boosting tips

Define function heart_health_plan():

Display "Heart Health Plan"

Call input_data()

Display heart health tips

Define function core_strength_plan():

Display "Core Strength Plan"

Call input_data()

Display core strength tips

Define function sleep_quality_plan():

Display "Sleep Quality Plan"

Call input_data()

Display sleep quality tips

Define function run_app():

Display "Welcome to HealthTrack"

Loop forever:

Ask user if they have an account (1. Log in, 2. Register)

If 1:

Call login()

If login successful, break loop

If user chose to register after failed login, call register()

Else if 2:

Call register()

Else:

Show "Invalid option"

After login:

Display health goal options

Input goal selection

Based on selection, call the corresponding plan function

If invalid goal, show "Invalid selection"

Call run_app()

End Program