#APP JAVA CODE

import javax.swing.\*;

import java.awt.\*;

import java.awt.event.\*;

public class OnlinePersonalTrainingAssistant {

public static void main(String[] args) {

SwingUtilities.invokeLater(() -> {

UserInterface ui = new UserInterface();

ui.authenticateUser();

});

}

}

class User {

private String name;

private double weight;

private double height;

private int age;

private double bmi;

public User(String name, double weight, double height, int age, double bmi) {

this.name = name;

this.weight = weight;

this.height = height;

this.age = age;

this.bmi = bmi;

}

public String getName() {

return name;

}

public String getBMI() {

return String.format("%.2f", bmi);

}

public String getWorkoutAndDiet() {

String workoutPlan = "Your personalized workout plan:\n" +

"Monday: Chest and Triceps\n" +

"Tuesday: Back and Biceps\n" +

"Wednesday: Rest day\n" +

"Thursday: Legs and Shoulders\n" +

"Friday: Cardio and Abs\n" +

"Saturday: Rest day\n" +

"Sunday: Rest day";

String dietChart = "Your personalized diet chart:\n" +

"Breakfast: Oatmeal with fruits and a glass of milk\n" +

"Mid-Morning Snack: Greek yogurt with honey\n" +

"Lunch: Grilled chicken breast with brown rice and vegetables\n" +

"Afternoon Snack: Mixed nuts and a banana\n" +

"Dinner: Baked salmon with quinoa and steamed broccoli\n" +

"Before Bed: A glass of warm milk";

return workoutPlan + "\n\n" + dietChart;

}

}

class UserInterface {

private User currentUser;

public void authenticateUser() {

// Get user input

String name = JOptionPane.showInputDialog(null, "Enter your name:");

double weight = Double.parseDouble(JOptionPane.showInputDialog(null, "Enter your weight (in kg):"));

double height = Double.parseDouble(JOptionPane.showInputDialog(null, "Enter your height (in meters):"));

int age = Integer.parseInt(JOptionPane.showInputDialog(null, "Enter your age:"));

// Calculate BMI

double bmi = weight / (height \* height);

currentUser = new User(name, weight, height, age, bmi);

displayGUI();

}

private void displayGUI() {

JFrame frame = new JFrame("Online Personal Training Assistant");

frame.setDefaultCloseOperation(JFrame.EXIT\_ON\_CLOSE);

frame.setSize(400, 300);

JTextArea outputTextArea = new JTextArea();

outputTextArea.setEditable(false);

JScrollPane scrollPane = new JScrollPane(outputTextArea);

frame.add(scrollPane);

String bmiMessage = "Hello " + currentUser.getName() + ", your BMI is " + currentUser.getBMI();

String workoutAndDiet = currentUser.getWorkoutAndDiet();

outputTextArea.append(bmiMessage + "\n\n" + workoutAndDiet);

frame.setVisible(true);

}

}