

TUTORIAL 2

Write a complete program to produce the following output. Refer to the references given.

```
*****  
MY CALORIE COUNTER SYSTEM  
*****
```

Name : Albert Lim

Hi Albert Lim , Welcome to our My Calorie Counter System

Calorie Needs Per Day

```
*****
```

Are you a sedentary (little or no exercise) person or a lightly active (light exercise/sports 1-3 days/week) person (S/L) : S

Weight (kg) : 60
Height (cm) : 162
Age : 33

Your BMR is 1452.5

Albert Lim, your calorie needs per day is 1743 calories

How many meals you took today? 5

Meal #1

Calories Intake : 500

Total Calories taken 500

You have 1243 calories intake left

Meal #2

Calories Intake : 213

Total Calories taken 713

You have 1030 calories intake left

Meal #3

Calories Intake : 550

Total Calories taken 1263

You have 480 calories intake left

Meal #4

Calories Intake : 500

Total Calories taken 1763

You have exceeded 20 from the calorie needs

Meal #5

Calories Intake : 50

Total Calories taken 1813

You have exceeded 70 from the calorie needs

Reference :

$$\text{BMR} = (10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) + 5.$$

Exercise Lifestyle	Calorie Needs
sedentary	Calorie-Calculation = BMR x 1.2.
lightly active	Calorie-Calculation = BMR x 1.375.

(30 marks)

(CLO3:PLO6:C5)

Submission Date

30 Dec 2022 (Friday) by 12pm

Submission Mode

☐ Save your source code file as :

YourName_Tut2.java and your output screenshot as YourName _Tut2.jpg and upload to the dedicated Google Drive Folder that was shared to your email.

Ensure your code include a comment of your name and ID:

//Jaya Malathy

//22213423432

//Purpose of the program eg: Calculate CGPA
