The Fitness Tracker

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Contents

Introduction

Introduction:

Our team has come up with an idea to make a prototype health monitoring app. It will have some features such as a BMI calculator, daily calorie intake tracker, and daily calorie loss tracker. The user will log-in and see his or her data.

Features:

- Log in
- BMI Calculator
- Calorie Goal
- Calorie Log Input

Design:

Our team has firmly decided on the health application (concept) for our class project. We have discussed possible concept designs, and decided to present a nonfunctioning JFrame window with a roughly coded outline that demonstrates the application's purpose. Our program has two data classes:

- **Account Class:** Has the username and password data and has a BMI calculator method
- **Calorie Class:** Takes the user's input to find his/her calorie goal, then takes daily calorie intake and calorie loss and updates the goal

The program will have 4 screens, first screen is a Log-In, second is a BMI calculator, third is the Calorie Goal and information, and finally a Summary screen.

Inheritance Hierarchy

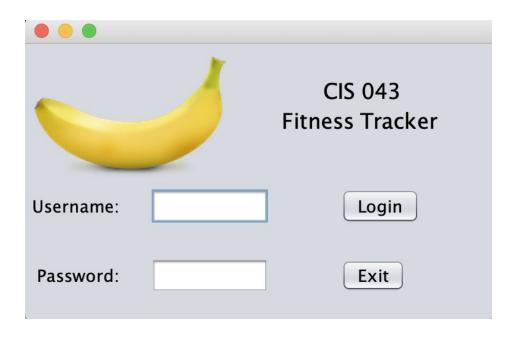**Data class:**   Account   Calorie

GUI class: Login GUI   BMI GUI   Caloric Information GUI   Summary GUI
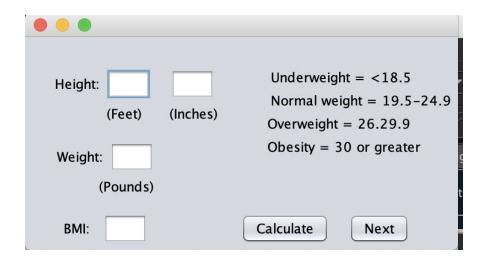
UML class design

Account Class

```
------------------------------------
Account
------------------------------------
-username:String
-password:String
------------------------------------
Account(uname:String, pswrd:String)

+setUsername(uname:String)
+getUsername():String
+setPassword(pswrd:String)
+getPassword():String

+BMI(height:int, weight:double)

+toString():String
```

Calorie Class:

```
------------------------------------
Calorie
------------------------------------
-initialCalGoal:int
------------------------------------
Calorie(initial:int)

+setCalGoal(goal:int)
+getCalGoal():int

+dailyIntake(breakfast:int,
lunch:int, dinner:int,
snacks:int)

+dailyLoss(exercise:int)

+finalGoal(intake:int, loss:int)
```

Menu/Screen mark-ups

Login Screen:

BMI Calculator:
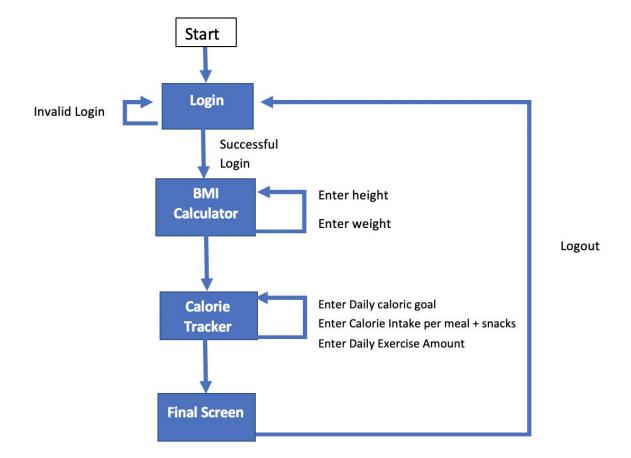
Calorie Log:

Nutritional Information

Enter daily caloric goal: [   ]

Calorie Log

Breakfast: [   ] Calories

Lunch [   ] Calories   Save

Dinner [   ] Calories   Next

Snacks [   ] Calories

Excercise [   ] Calories burned

Final Screen

Nutrition Information

2500 – 1800 + 300 = 1500
Goal   Food   Exercise Remaining

BMI: 22 — NORMAL WEIGHT

With this plan, you will: MAINTAIN WEIGHT

Recommended calories to lose weight: 2200   Logout

Recommended calories to gain weight: 2850

Exit

Use Case Flow Chart:

```
                        ┌─────────┐
                        │  Start  │
                        └────┬────┘
                             │
                             ▼
   Invalid Login      ┌──────────────┐ ◄───────────────────────┐
          ┌──────────►│    Login     │                         │
          └───────────┤              │                         │
                      └──────┬───────┘                         │
                             │                                 │
                        Successful                             │
                          Login                                │
                             │                                 │
                             ▼                                 │
                      ┌──────────────┐◄──────┐                 │
                      │     BMI      │   Enter height          │
                      │  Calculator  │──────►│                 │
                      └──────┬───────┘   Enter weight          │
                             │                          Logout │
                             ▼                                 │
                      ┌──────────────┐◄──────┐                 │
                      │   Calorie    │   Enter Daily caloric goal
                      │   Tracker    │──────►│ Enter Calorie Intake per meal + snacks
                      └──────┬───────┘   Enter Daily Exercise Amount
                             │                                 │
                             ▼                                 │
                      ┌──────────────┐                         │
                      │ Final Screen │─────────────────────────┘
                      └──────────────┘
```

Summary: This prototype for a health app calculates the user's BMI after taking the user's inputs for their height and weight. The app then calculates how many calories are needed to either lose or gain weight after taking the user's daily calorie goal and additional caloric information. Then the app finally displays all the information on one page for the user.

Conclusion: Although this is a prototype there is a lot of potential for further improvements and expansions to the features of the app. Some features we could add in the future would include something like taking the amount of weight a user wants to lose weekly and then the app would calculate the caloric intake based on the user input. This app can be used by anyone who wants to monitor their health and complete their fitness goals.

Appendix: Source Code

```
package project;



/**

 *

 * @author abdelibrahim

 */

public class Login1 extends javax.swing.JFrame {



    /**

     * Creates new form Login1

     */
```

```java
public Login1() {

    initComponents();

}


/**

 * This method is called from within the constructor to initialize the form.

 * WARNING: Do NOT modify this code. The content of this method is always

 * regenerated by the Form Editor.

 */
@SuppressWarnings("unchecked")
// <editor-fold defaultstate="collapsed" desc="Generated Code">
private void initComponents() {


    jPasswordField1 = new javax.swing.JPasswordField();

    jTextField1 = new javax.swing.JTextField();

    jLabel1 = new javax.swing.JLabel();

    jLabel2 = new javax.swing.JLabel();

    jLabel4 = new javax.swing.JLabel();

    jLabel5 = new javax.swing.JLabel();

    jButton1 = new javax.swing.JButton();

    jButton3 = new javax.swing.JButton();

    jLabel3 = new javax.swing.JLabel();


    setDefaultCloseOperation(javax.swing.WindowConstants.EXIT_ON_CLOSE);
```

```java
jPasswordField1.setFont(new java.awt.Font("Dialog", 0, 14)); // NOI18N

jPasswordField1.addActionListener(new java.awt.event.ActionListener() {

    public void actionPerformed(java.awt.event.ActionEvent evt) {

        jPasswordField1ActionPerformed(evt);

    }

});


jTextField1.setFont(new java.awt.Font("Dialog", 0, 14)); // NOI18N


jLabel1.setFont(new java.awt.Font("Dialog", 0, 14)); // NOI18N

jLabel1.setText("Username:");


jLabel2.setFont(new java.awt.Font("Dialog", 0, 14)); // NOI18N

jLabel2.setText("Password:");


jLabel4.setFont(new java.awt.Font("Zapf Dingbats", 1, 18)); // NOI18N

jLabel4.setText("Fitness Tracker");


jLabel5.setFont(new java.awt.Font("Zapf Dingbats", 1, 18)); // NOI18N

jLabel5.setText("CIS 043");


jButton1.setFont(new java.awt.Font("Dialog", 0, 14)); // NOI18N

jButton1.setText("Exit");
```

```java
jButton1.addActionListener(new java.awt.event.ActionListener() {

    public void actionPerformed(java.awt.event.ActionEvent evt) {

        jButton1ActionPerformed(evt);

    }

});


jButton3.setFont(new java.awt.Font("Dialog", 0, 14)); // NOI18N

jButton3.setText("Login");

jButton3.addActionListener(new java.awt.event.ActionListener() {

    public void actionPerformed(java.awt.event.ActionEvent evt) {

        jButton3ActionPerformed(evt);

    }

});


jLabel3.setIcon(new
javax.swing.ImageIcon(getClass().getResource("/project/javabanana.png"))); // NOI18N


javax.swing.GroupLayout layout = new javax.swing.GroupLayout(getContentPane());

getContentPane().setLayout(layout);

layout.setHorizontalGroup(

    layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

    .addGroup(layout.createSequentialGroup()

        .addContainerGap()
```

```
.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.TRAILING)
        .addGroup(layout.createSequentialGroup()
            .addComponent(jLabel3)

.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)
            .addGroup(layout.createSequentialGroup()
                .addGap(44, 44, 44)
                .addComponent(jLabel4))
            .addGroup(layout.createSequentialGroup()
                .addGap(79, 79, 79)
                .addComponent(jLabel5)))
        .addContainerGap(47, Short.MAX_VALUE))
        .addGroup(layout.createSequentialGroup()

.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)
            .addComponent(jLabel1)
            .addComponent(jLabel2, javax.swing.GroupLayout.Alignment.TRAILING))
        .addGap(27, 27, 27)

.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)
            .addComponent(jPasswordField1,
javax.swing.GroupLayout.PREFERRED_SIZE, 99,
javax.swing.GroupLayout.PREFERRED_SIZE)

            .addComponent(jTextField1, javax.swing.GroupLayout.PREFERRED_SIZE,
99, javax.swing.GroupLayout.PREFERRED_SIZE))
```

```java
                    .addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.RELATED,
javax.swing.GroupLayout.DEFAULT_SIZE, Short.MAX_VALUE)

.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

                    .addComponent(jButton3)

                    .addComponent(jButton1))

                    .addContainerGap(javax.swing.GroupLayout.DEFAULT_SIZE,
Short.MAX_VALUE))))
        );
        layout.setVerticalGroup(

            layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

            .addGroup(layout.createSequentialGroup()

.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

                .addGroup(layout.createSequentialGroup()

                    .addGap(31, 31, 31)

                    .addComponent(jLabel5)

                    .addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.RELATED)

                    .addComponent(jLabel4)

                    .addGap(35, 35, 35))

                .addGroup(javax.swing.GroupLayout.Alignment.TRAILING,
layout.createSequentialGroup()

                    .addContainerGap()

                    .addComponent(jLabel3, javax.swing.GroupLayout.PREFERRED_SIZE, 110,
javax.swing.GroupLayout.PREFERRED_SIZE)))

                .addGap(5, 5, 5)
```

```java
                .addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.BASELINE)

                    .addComponent(jTextField1, javax.swing.GroupLayout.PREFERRED_SIZE,
javax.swing.GroupLayout.DEFAULT_SIZE, javax.swing.GroupLayout.PREFERRED_SIZE)

                    .addComponent(jLabel1)

                    .addComponent(jButton3))

                .addGap(29, 29, 29)


        .addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.BASELINE)

                    .addComponent(jPasswordField1, javax.swing.GroupLayout.PREFERRED_SIZE,
javax.swing.GroupLayout.DEFAULT_SIZE, javax.swing.GroupLayout.PREFERRED_SIZE)

                    .addComponent(jLabel2)

                    .addComponent(jButton1, javax.swing.GroupLayout.PREFERRED_SIZE, 27,
javax.swing.GroupLayout.PREFERRED_SIZE))

                .addContainerGap(23, Short.MAX_VALUE))
        );


        pack();
    }// </editor-fold>


    private void jPasswordField1ActionPerformed(java.awt.event.ActionEvent evt) {

        // TODO add your handling code here:

    }


    private void jButton1ActionPerformed(java.awt.event.ActionEvent evt) {

        this.dispose();
```

```java
        // TODO add your handling code here:

    }


    private void jButton3ActionPerformed(java.awt.event.ActionEvent evt) {

this.dispose();

new BMI().setVisible(true);// TODO add your handling code here:

    }


    /**

     * @param args the command line arguments

     */

    public static void main(String args[]) {

        /* Set the Nimbus look and feel */

        //<editor-fold defaultstate="collapsed" desc=" Look and feel setting code (optional) ">

        /* If Nimbus (introduced in Java SE 6) is not available, stay with the default look and feel.

         * For details see http://download.oracle.com/javase/tutorial/uiswing/lookandfeel/plaf.html

         */

        try {

            for (javax.swing.UIManager.LookAndFeelInfo info :
javax.swing.UIManager.getInstalledLookAndFeels()) {

                if ("Nimbus".equals(info.getName())) {

                    javax.swing.UIManager.setLookAndFeel(info.getClassName());

                    break;
```

```java
            }

        }

    } catch (ClassNotFoundException ex) {

java.util.logging.Logger.getLogger(Login1.class.getName()).log(java.util.logging.Level.SEVERE,
null, ex);

    } catch (InstantiationException ex) {

java.util.logging.Logger.getLogger(Login1.class.getName()).log(java.util.logging.Level.SEVERE,
null, ex);

    } catch (IllegalAccessException ex) {

java.util.logging.Logger.getLogger(Login1.class.getName()).log(java.util.logging.Level.SEVERE,
null, ex);

    } catch (javax.swing.UnsupportedLookAndFeelException ex) {

java.util.logging.Logger.getLogger(Login1.class.getName()).log(java.util.logging.Level.SEVERE,
null, ex);

    }
    //</editor-fold>


    /* Create and display the form */
    java.awt.EventQueue.invokeLater(new Runnable() {

        public void run() {

            new Login1().setVisible(true);

        }

    });
```

```java
    }


    // Variables declaration - do not modify

    private javax.swing.JButton jButton1;

    private javax.swing.JButton jButton3;

    private javax.swing.JLabel jLabel1;

    private javax.swing.JLabel jLabel2;

    private javax.swing.JLabel jLabel3;

    private javax.swing.JLabel jLabel4;

    private javax.swing.JLabel jLabel5;

    private javax.swing.JPasswordField jPasswordField1;

    private javax.swing.JTextField jTextField1;

    // End of variables declaration
}


/*
 * To change this license header, choose License Headers in Project Properties.
 * To change this template file, choose Tools | Templates
 * and open the template in the editor.
 */
package project;


/**
 *
```

```java
 * @author abdelibrahim

 */

public class BMI extends javax.swing.JFrame {


    /**

     * Creates new form BMI

     */

    public BMI() {

        initComponents();

    }


    /**

     * This method is called from within the constructor to initialize the form.

     * WARNING: Do NOT modify this code. The content of this method is always

     * regenerated by the Form Editor.

     */

    @SuppressWarnings("unchecked")

    // <editor-fold defaultstate="collapsed" desc="Generated Code">

    private void initComponents() {


        jLabel1 = new javax.swing.JLabel();

        jLabel2 = new javax.swing.JLabel();

        jLabel3 = new javax.swing.JLabel();

        jTextField1 = new javax.swing.JTextField();
```

```java
jLabel4 = new javax.swing.JLabel();

jLabel5 = new javax.swing.JLabel();

jLabel6 = new javax.swing.JLabel();

jTextField4 = new javax.swing.JTextField();

jTextField5 = new javax.swing.JTextField();

jTextField6 = new javax.swing.JTextField();

jLabel7 = new javax.swing.JLabel();

jLabel11 = new javax.swing.JLabel();

jLabel8 = new javax.swing.JLabel();

jLabel9 = new javax.swing.JLabel();

jLabel10 = new javax.swing.JLabel();

jButton1 = new javax.swing.JButton();

jButton2 = new javax.swing.JButton();


setDefaultCloseOperation(javax.swing.WindowConstants.EXIT_ON_CLOSE);


jLabel1.setText("Height:");


jLabel2.setText("Weight:");


jTextField1.addActionListener(new java.awt.event.ActionListener() {

    public void actionPerformed(java.awt.event.ActionEvent evt) {

        jTextField1ActionPerformed(evt);

    }
```

```java
        });

        jLabel4.setText("(Feet)");

        jLabel5.setText("(Inches)");

        jLabel6.setText("(Pounds)");

        jTextField4.addActionListener(new java.awt.event.ActionListener() {
            public void actionPerformed(java.awt.event.ActionEvent evt) {
                jTextField4ActionPerformed(evt);
            }
        });

        jTextField5.addActionListener(new java.awt.event.ActionListener() {
            public void actionPerformed(java.awt.event.ActionEvent evt) {
                jTextField5ActionPerformed(evt);
            }
        });

        jTextField6.setFont(new java.awt.Font("Dialog", 0, 12)); // NOI18N
        jTextField6.addActionListener(new java.awt.event.ActionListener() {
            public void actionPerformed(java.awt.event.ActionEvent evt) {
                jTextField6ActionPerformed(evt);
```

```java
    }

});


jLabel7.setFont(new java.awt.Font("Dialog", 0, 12)); // NOI18N

jLabel7.setText("BMI:");


jLabel11.setText("Obesity = 30 or greater");


jLabel8.setText("Underweight = <18.5");


jLabel9.setText("Normal weight = 19.5-24.9");


jLabel10.setText("Overweight = 26.29.9");


jButton1.setText("Calculate");

jButton1.addActionListener(new java.awt.event.ActionListener() {

    public void actionPerformed(java.awt.event.ActionEvent evt) {

        jButton1ActionPerformed(evt);

    }

});


jButton2.setText("Next");

jButton2.addActionListener(new java.awt.event.ActionListener() {

    public void actionPerformed(java.awt.event.ActionEvent evt) {
```

```java
            jButton2ActionPerformed(evt);

        }

    });


    javax.swing.GroupLayout layout = new javax.swing.GroupLayout(getContentPane());

    getContentPane().setLayout(layout);

    layout.setHorizontalGroup(

        layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

        .addGroup(layout.createSequentialGroup()


.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)


.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

                .addGroup(layout.createSequentialGroup()

                    .addGap(35, 35, 35)

                    .addComponent(jLabel7)


.addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.UNRELATED)

                    .addComponent(jTextField6, javax.swing.GroupLayout.PREFERRED_SIZE,
40, javax.swing.GroupLayout.PREFERRED_SIZE))

                .addGroup(javax.swing.GroupLayout.Alignment.TRAILING,
layout.createSequentialGroup()

                    .addGap(29, 29, 29)


.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.TRAILING)

                        .addComponent(jLabel6)
```

```
                    .addGroup(layout.createSequentialGroup()

                        .addComponent(jLabel2)


.addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.RELATED)

                        .addComponent(jTextField4,
javax.swing.GroupLayout.PREFERRED_SIZE, 40,
javax.swing.GroupLayout.PREFERRED_SIZE)))

                    .addGap(79, 79, 79)))

                .addGroup(layout.createSequentialGroup()

                    .addContainerGap(javax.swing.GroupLayout.DEFAULT_SIZE,
Short.MAX_VALUE)

                    .addComponent(jLabel1)

                    .addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.RELATED)


.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

                        .addGroup(layout.createSequentialGroup()

                            .addComponent(jLabel4)

                            .addGap(25, 25, 25)

                            .addComponent(jLabel5))

                        .addGroup(layout.createSequentialGroup()

                            .addComponent(jTextField1, javax.swing.GroupLayout.PREFERRED_SIZE,
40, javax.swing.GroupLayout.PREFERRED_SIZE)

                            .addGap(18, 18, 18)

                            .addComponent(jTextField5, javax.swing.GroupLayout.PREFERRED_SIZE,
40, javax.swing.GroupLayout.PREFERRED_SIZE)))

                    .addGap(21, 21, 21)))
```

```java
.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

        .addGroup(javax.swing.GroupLayout.Alignment.TRAILING,
layout.createSequentialGroup()

            .addGap(0, 24, Short.MAX_VALUE)

.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

            .addComponent(jLabel10)

            .addComponent(jLabel11)

            .addGroup(layout.createSequentialGroup()

                .addGap(3, 3, 3)

.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

                .addComponent(jLabel8)

                .addComponent(jLabel9))))

            .addContainerGap())

        .addGroup(layout.createSequentialGroup()

.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

                .addComponent(jLabel3)

                .addGroup(layout.createSequentialGroup()

                    .addComponent(jButton1)

                    .addGap(18, 18, 18)

                    .addComponent(jButton2)))

            .addGap(0, 25, Short.MAX_VALUE))))
    );
```

```java
        layout.setVerticalGroup(

            layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

            .addGroup(layout.createSequentialGroup()

                .addContainerGap(23, Short.MAX_VALUE)

                .addComponent(jLabel3)

                .addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.RELATED)

.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

                .addGroup(layout.createSequentialGroup()

.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.BASELINE)

                    .addComponent(jLabel1)

                    .addComponent(jTextField1, javax.swing.GroupLayout.PREFERRED_SIZE,
javax.swing.GroupLayout.DEFAULT_SIZE, javax.swing.GroupLayout.PREFERRED_SIZE)

                    .addComponent(jTextField5, javax.swing.GroupLayout.PREFERRED_SIZE,
javax.swing.GroupLayout.DEFAULT_SIZE, javax.swing.GroupLayout.PREFERRED_SIZE))

                    .addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.RELATED)

.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

                    .addComponent(jLabel5)

                    .addComponent(jLabel4, javax.swing.GroupLayout.PREFERRED_SIZE, 14,
javax.swing.GroupLayout.PREFERRED_SIZE))

                    .addGap(18, 18, 18)

.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.BASELINE)

                    .addComponent(jLabel2)
```

```java
                    .addComponent(jTextField4, javax.swing.GroupLayout.PREFERRED_SIZE,
javax.swing.GroupLayout.DEFAULT_SIZE, javax.swing.GroupLayout.PREFERRED_SIZE)))

                .addGroup(layout.createSequentialGroup()

                    .addComponent(jLabel8)

                    .addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.RELATED)

                    .addComponent(jLabel9)

                    .addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.RELATED)

                    .addComponent(jLabel10)

                    .addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.RELATED)

                    .addComponent(jLabel11)))

                .addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.RELATED)

                .addComponent(jLabel6, javax.swing.GroupLayout.PREFERRED_SIZE, 14,
javax.swing.GroupLayout.PREFERRED_SIZE)

                .addGap(18, 18, 18)


.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.BASELINE)

                    .addComponent(jLabel7)

                    .addComponent(jTextField6, javax.swing.GroupLayout.PREFERRED_SIZE,
javax.swing.GroupLayout.DEFAULT_SIZE, javax.swing.GroupLayout.PREFERRED_SIZE)

                    .addComponent(jButton1)

                    .addComponent(jButton2))

                .addContainerGap())

        );


        pack();
```

```java
}// </editor-fold>

    private void jTextField1ActionPerformed(java.awt.event.ActionEvent evt) {

        // TODO add your handling code here:

    }


    private void jTextField4ActionPerformed(java.awt.event.ActionEvent evt) {

        // TODO add your handling code here:

    }


    private void jTextField5ActionPerformed(java.awt.event.ActionEvent evt) {

        // TODO add your handling code here:

    }


    private void jTextField6ActionPerformed(java.awt.event.ActionEvent evt) {

        // TODO add your handling code here:

    }


    private void jButton1ActionPerformed(java.awt.event.ActionEvent evt) {

        // TODO add your handling code here:

    }


    private void jButton2ActionPerformed(java.awt.event.ActionEvent evt) {
this.dispose();
```

```java
        new CaloricInfo().setVisible(true);        // TODO add your handling code here:

    }


    /**
     * @param args the command line arguments
     */
    public static void main(String args[]) {
        /* Set the Nimbus look and feel */
        //<editor-fold defaultstate="collapsed" desc=" Look and feel setting code (optional) ">
        /* If Nimbus (introduced in Java SE 6) is not available, stay with the default look and feel.
         * For details see http://download.oracle.com/javase/tutorial/uiswing/lookandfeel/plaf.html
         */
        try {
            for (javax.swing.UIManager.LookAndFeelInfo info : javax.swing.UIManager.getInstalledLookAndFeels()) {
                if ("Nimbus".equals(info.getName())) {
                    javax.swing.UIManager.setLookAndFeel(info.getClassName());
                    break;
                }
            }
        } catch (ClassNotFoundException ex) {

java.util.logging.Logger.getLogger(BMI.class.getName()).log(java.util.logging.Level.SEVERE, null, ex);
        } catch (InstantiationException ex) {
```

```java
            java.util.logging.Logger.getLogger(BMI.class.getName()).log(java.util.logging.Level.SEVERE,
null, ex);

        } catch (IllegalAccessException ex) {


            java.util.logging.Logger.getLogger(BMI.class.getName()).log(java.util.logging.Level.SEVERE,
null, ex);

        } catch (javax.swing.UnsupportedLookAndFeelException ex) {


            java.util.logging.Logger.getLogger(BMI.class.getName()).log(java.util.logging.Level.SEVERE,
null, ex);

        }

        //</editor-fold>


        /* Create and display the form */

        java.awt.EventQueue.invokeLater(new Runnable() {

            public void run() {

                new BMI().setVisible(true);

            }

        });

    }


    // Variables declaration - do not modify

    private javax.swing.JButton jButton1;

    private javax.swing.JButton jButton2;

    private javax.swing.JLabel jLabel1;
```

```java
    private javax.swing.JLabel jLabel10;

    private javax.swing.JLabel jLabel11;

    private javax.swing.JLabel jLabel2;

    private javax.swing.JLabel jLabel3;

    private javax.swing.JLabel jLabel4;

    private javax.swing.JLabel jLabel5;

    private javax.swing.JLabel jLabel6;

    private javax.swing.JLabel jLabel7;

    private javax.swing.JLabel jLabel8;

    private javax.swing.JLabel jLabel9;

    private javax.swing.JTextField jTextField1;

    private javax.swing.JTextField jTextField4;

    private javax.swing.JTextField jTextField5;

    private javax.swing.JTextField jTextField6;

    // End of variables declaration

}
/*

 * To change this license header, choose License Headers in Project Properties.

 * To change this template file, choose Tools | Templates

 * and open the template in the editor.

 */

package project;



/**
```

```java
 *
 * @author abdelibrahim
 */
public class CaloricInfo extends javax.swing.JFrame {

    /**
     * Creates new form CaloricInfo
     */
    public CaloricInfo() {

        initComponents();

    }

    /**
     * This method is called from within the constructor to initialize the form.
     * WARNING: Do NOT modify this code. The content of this method is always
     * regenerated by the Form Editor.
     */
    @SuppressWarnings("unchecked")
    // <editor-fold defaultstate="collapsed" desc="Generated Code">
    private void initComponents() {

        jLabel1 = new javax.swing.JLabel();

        jTextField1 = new javax.swing.JTextField();

        jLabel2 = new javax.swing.JLabel();
```

```java
jTextField2 = new javax.swing.JTextField();

jLabel3 = new javax.swing.JLabel();

jTextField3 = new javax.swing.JTextField();

jLabel4 = new javax.swing.JLabel();

jTextField4 = new javax.swing.JTextField();

jLabel5 = new javax.swing.JLabel();

jTextField5 = new javax.swing.JTextField();

jLabel6 = new javax.swing.JLabel();

jLabel7 = new javax.swing.JLabel();

jLabel8 = new javax.swing.JLabel();

jLabel9 = new javax.swing.JLabel();

jLabel10 = new javax.swing.JLabel();

jLabel11 = new javax.swing.JLabel();

jTextField6 = new javax.swing.JTextField();

jLabel12 = new javax.swing.JLabel();

jButton1 = new javax.swing.JButton();

jButton2 = new javax.swing.JButton();


setDefaultCloseOperation(javax.swing.WindowConstants.EXIT_ON_CLOSE);

setTitle("Nutritional Information");


jLabel1.setText("Enter daily caloric goal:");


jTextField1.addActionListener(new java.awt.event.ActionListener() {
```

```java
        public void actionPerformed(java.awt.event.ActionEvent evt) {

            jTextField1ActionPerformed(evt);

        }

});


jLabel2.setText("Calorie Log");


jTextField2.addActionListener(new java.awt.event.ActionListener() {

    public void actionPerformed(java.awt.event.ActionEvent evt) {

        jTextField2ActionPerformed(evt);

    }

});


jLabel3.setText("Breakfast:");


jTextField3.addActionListener(new java.awt.event.ActionListener() {

    public void actionPerformed(java.awt.event.ActionEvent evt) {

        jTextField3ActionPerformed(evt);

    }

});


jLabel4.setText("Lunch");


jTextField4.addActionListener(new java.awt.event.ActionListener() {
```

```java
    public void actionPerformed(java.awt.event.ActionEvent evt) {

        jTextField4ActionPerformed(evt);

    }

});


jLabel5.setText("Dinner");


jTextField5.addActionListener(new java.awt.event.ActionListener() {

    public void actionPerformed(java.awt.event.ActionEvent evt) {

        jTextField5ActionPerformed(evt);

    }

});


jLabel6.setText("Snacks");


jLabel7.setText("Calories");


jLabel8.setText("Calories");


jLabel9.setText("Calories");


jLabel10.setText("Calories");


jLabel11.setText("Calories burned");
```

```java
jTextField6.addActionListener(new java.awt.event.ActionListener() {

    public void actionPerformed(java.awt.event.ActionEvent evt) {

        jTextField6ActionPerformed(evt);

    }

});


jLabel12.setText("Excercise");


jButton1.setText("Save");

jButton1.addActionListener(new java.awt.event.ActionListener() {

    public void actionPerformed(java.awt.event.ActionEvent evt) {

        jButton1ActionPerformed(evt);

    }

});


jButton2.setText("Next");

jButton2.addActionListener(new java.awt.event.ActionListener() {

    public void actionPerformed(java.awt.event.ActionEvent evt) {

        jButton2ActionPerformed(evt);

    }

});


javax.swing.GroupLayout layout = new javax.swing.GroupLayout(getContentPane());
```

```java
getContentPane().setLayout(layout);

layout.setHorizontalGroup(

    layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

    .addGroup(javax.swing.GroupLayout.Alignment.TRAILING,
layout.createSequentialGroup()

        .addGap(42, 42, 42)

        .addComponent(jLabel1)

        .addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.RELATED,
javax.swing.GroupLayout.DEFAULT_SIZE, Short.MAX_VALUE)

        .addComponent(jTextField1, javax.swing.GroupLayout.PREFERRED_SIZE, 54,
javax.swing.GroupLayout.PREFERRED_SIZE)

        .addGap(122, 122, 122))

    .addGroup(layout.createSequentialGroup()


.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

        .addGroup(layout.createSequentialGroup()

            .addGap(198, 198, 198)

            .addComponent(jLabel2))

        .addGroup(layout.createSequentialGroup()

            .addGap(23, 23, 23)


.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.TRAILING, false)

                .addGroup(javax.swing.GroupLayout.Alignment.LEADING,
layout.createSequentialGroup()

                    .addComponent(jLabel6)
```

```
                .addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.RELATED,
javax.swing.GroupLayout.DEFAULT_SIZE, Short.MAX_VALUE)

                        .addComponent(jTextField5, javax.swing.GroupLayout.PREFERRED_SIZE,
54, javax.swing.GroupLayout.PREFERRED_SIZE))

                    .addGroup(layout.createSequentialGroup()

                    .addComponent(jLabel3)


                .addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.RELATED,
javax.swing.GroupLayout.DEFAULT_SIZE, Short.MAX_VALUE)

                        .addComponent(jTextField2, javax.swing.GroupLayout.PREFERRED_SIZE,
54, javax.swing.GroupLayout.PREFERRED_SIZE))

                    .addGroup(javax.swing.GroupLayout.Alignment.LEADING,
layout.createSequentialGroup()

                    .addComponent(jLabel4)


                .addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.RELATED,
javax.swing.GroupLayout.DEFAULT_SIZE, Short.MAX_VALUE)

                        .addComponent(jTextField3, javax.swing.GroupLayout.PREFERRED_SIZE,
54, javax.swing.GroupLayout.PREFERRED_SIZE))

                    .addGroup(javax.swing.GroupLayout.Alignment.LEADING,
layout.createSequentialGroup()

                    .addComponent(jLabel5)

                    .addGap(89, 89, 89)

                        .addComponent(jTextField4, javax.swing.GroupLayout.PREFERRED_SIZE,
54, javax.swing.GroupLayout.PREFERRED_SIZE))

                    .addGroup(javax.swing.GroupLayout.Alignment.LEADING,
layout.createSequentialGroup()

                    .addComponent(jLabel12)
```

```java
                            .addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.RELATED,
javax.swing.GroupLayout.DEFAULT_SIZE, Short.MAX_VALUE)

                                .addComponent(jTextField6, javax.swing.GroupLayout.PREFERRED_SIZE,
54, javax.swing.GroupLayout.PREFERRED_SIZE)))

                        .addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.RELATED)

                    .addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

                        .addComponent(jLabel7)

                        .addComponent(jLabel11)

                    .addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.TRAILING, false)

                            .addGroup(layout.createSequentialGroup()

                            .addComponent(jLabel8)

                    .addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.RELATED,
javax.swing.GroupLayout.DEFAULT_SIZE, Short.MAX_VALUE)

                            .addComponent(jButton1))

                        .addGroup(layout.createSequentialGroup()

                    .addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

                                .addComponent(jLabel9,
javax.swing.GroupLayout.Alignment.TRAILING)

                                .addComponent(jLabel10,
javax.swing.GroupLayout.Alignment.TRAILING))

                            .addGap(33, 33, 33)

                            .addComponent(jButton2))))))

                .addContainerGap(21, Short.MAX_VALUE))
```

```java
    );

    layout.setVerticalGroup(

        layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

        .addGroup(layout.createSequentialGroup()

            .addGap(22, 22, 22)


.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.BASELINE)

                .addComponent(jLabel1)

                .addComponent(jTextField1, javax.swing.GroupLayout.PREFERRED_SIZE,
javax.swing.GroupLayout.DEFAULT_SIZE, javax.swing.GroupLayout.PREFERRED_SIZE))

            .addGap(18, 18, 18)

            .addComponent(jLabel2)

            .addGap(18, 18, 18)


.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.BASELINE)

                .addComponent(jTextField2, javax.swing.GroupLayout.PREFERRED_SIZE,
javax.swing.GroupLayout.DEFAULT_SIZE, javax.swing.GroupLayout.PREFERRED_SIZE)

                .addComponent(jLabel3)

                .addComponent(jLabel7))

            .addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.UNRELATED)


.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.BASELINE)

                .addComponent(jTextField3, javax.swing.GroupLayout.PREFERRED_SIZE,
javax.swing.GroupLayout.DEFAULT_SIZE, javax.swing.GroupLayout.PREFERRED_SIZE)

                .addComponent(jLabel4)

                .addComponent(jLabel8)
```

```
                .addComponent(jButton1))

    .addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

            .addGroup(layout.createSequentialGroup()

                .addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.UNRELATED)

    .addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.BASELINE)

                    .addComponent(jTextField4, javax.swing.GroupLayout.PREFERRED_SIZE,
javax.swing.GroupLayout.DEFAULT_SIZE, javax.swing.GroupLayout.PREFERRED_SIZE)

                    .addComponent(jLabel5)

                    .addComponent(jLabel9))

                .addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.UNRELATED)

    .addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.BASELINE)

                    .addComponent(jTextField5, javax.swing.GroupLayout.PREFERRED_SIZE,
javax.swing.GroupLayout.DEFAULT_SIZE, javax.swing.GroupLayout.PREFERRED_SIZE)

                    .addComponent(jLabel6)

                    .addComponent(jLabel10)))

                .addGroup(layout.createSequentialGroup()

                    .addGap(26, 26, 26)

                    .addComponent(jButton2)))

                .addGap(18, 18, Short.MAX_VALUE)

    .addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.BASELINE)

                    .addComponent(jTextField6, javax.swing.GroupLayout.PREFERRED_SIZE,
javax.swing.GroupLayout.DEFAULT_SIZE, javax.swing.GroupLayout.PREFERRED_SIZE)

                    .addComponent(jLabel12)
```

```java
                .addComponent(jLabel11))

            .addGap(36, 36, 36))
    );


    pack();
}// </editor-fold>


private void jTextField1ActionPerformed(java.awt.event.ActionEvent evt) {

    // TODO add your handling code here:

}


private void jTextField2ActionPerformed(java.awt.event.ActionEvent evt) {

    // TODO add your handling code here:

}


private void jTextField3ActionPerformed(java.awt.event.ActionEvent evt) {

    // TODO add your handling code here:

}


private void jTextField4ActionPerformed(java.awt.event.ActionEvent evt) {

    // TODO add your handling code here:

}


private void jTextField5ActionPerformed(java.awt.event.ActionEvent evt) {
```

```java
        // TODO add your handling code here:

    }


    private void jTextField6ActionPerformed(java.awt.event.ActionEvent evt) {

        // TODO add your handling code here:

    }


    private void jButton1ActionPerformed(java.awt.event.ActionEvent evt) {

        // TODO add your handling code here:

    }


    private void jButton2ActionPerformed(java.awt.event.ActionEvent evt) {
this.dispose();

new FinalInfo().setVisible(true);// TODO add your handling code here:

    }


    /**

     * @param args the command line arguments

     */

    public static void main(String args[]) {

        /* Set the Nimbus look and feel */

        //<editor-fold defaultstate="collapsed" desc=" Look and feel setting code (optional) ">

        /* If Nimbus (introduced in Java SE 6) is not available, stay with the default look and feel.

         * For details see http://download.oracle.com/javase/tutorial/uiswing/lookandfeel/plaf.html
```

```java
         */

        try {

            for (javax.swing.UIManager.LookAndFeelInfo info :
javax.swing.UIManager.getInstalledLookAndFeels()) {

                if ("Nimbus".equals(info.getName())) {

                    javax.swing.UIManager.setLookAndFeel(info.getClassName());

                    break;

                }

            }

        } catch (ClassNotFoundException ex) {

java.util.logging.Logger.getLogger(CaloricInfo.class.getName()).log(java.util.logging.Level.SEVERE, null, ex);

        } catch (InstantiationException ex) {

java.util.logging.Logger.getLogger(CaloricInfo.class.getName()).log(java.util.logging.Level.SEVERE, null, ex);

        } catch (IllegalAccessException ex) {

java.util.logging.Logger.getLogger(CaloricInfo.class.getName()).log(java.util.logging.Level.SEVERE, null, ex);

        } catch (javax.swing.UnsupportedLookAndFeelException ex) {

java.util.logging.Logger.getLogger(CaloricInfo.class.getName()).log(java.util.logging.Level.SEVERE, null, ex);

        }

        //</editor-fold>
```

```java
    /* Create and display the form */

    java.awt.EventQueue.invokeLater(new Runnable() {

        public void run() {

            new CaloricInfo().setVisible(true);

        }

    });

}


// Variables declaration - do not modify

private javax.swing.JButton jButton1;

private javax.swing.JButton jButton2;

private javax.swing.JLabel jLabel1;

private javax.swing.JLabel jLabel10;

private javax.swing.JLabel jLabel11;

private javax.swing.JLabel jLabel12;

private javax.swing.JLabel jLabel2;

private javax.swing.JLabel jLabel3;

private javax.swing.JLabel jLabel4;

private javax.swing.JLabel jLabel5;

private javax.swing.JLabel jLabel6;

private javax.swing.JLabel jLabel7;

private javax.swing.JLabel jLabel8;

private javax.swing.JLabel jLabel9;

private javax.swing.JTextField jTextField1;
```

```java
    private javax.swing.JTextField jTextField2;

    private javax.swing.JTextField jTextField3;

    private javax.swing.JTextField jTextField4;

    private javax.swing.JTextField jTextField5;

    private javax.swing.JTextField jTextField6;

    // End of variables declaration

}


/*

 * To change this license header, choose License Headers in Project Properties.

 * To change this template file, choose Tools | Templates

 * and open the template in the editor.

 */

package project;


/**

 *

 * @author abdelibrahim

 */

public class FinalInfo extends javax.swing.JFrame {


    /**

     * Creates new form FinalInfo

     */
```

```java
public FinalInfo() {

    initComponents();

}


/**

 * This method is called from within the constructor to initialize the form.

 * WARNING: Do NOT modify this code. The content of this method is always

 * regenerated by the Form Editor.

 */
@SuppressWarnings("unchecked")
// <editor-fold defaultstate="collapsed" desc="Generated Code">
private void initComponents() {


    jLabel6 = new javax.swing.JLabel();

    jLabel10 = new javax.swing.JLabel();

    jButton1 = new javax.swing.JButton();

    jButton2 = new javax.swing.JButton();

    jLabel1 = new javax.swing.JLabel();

    jLabel2 = new javax.swing.JLabel();

    jLabel3 = new javax.swing.JLabel();

    jLabel4 = new javax.swing.JLabel();

    jLabel5 = new javax.swing.JLabel();

    jLabel7 = new javax.swing.JLabel();

    jLabel8 = new javax.swing.JLabel();
```

```java
jLabel9 = new javax.swing.JLabel();

jLabel11 = new javax.swing.JLabel();

jLabel12 = new javax.swing.JLabel();

jLabel13 = new javax.swing.JLabel();

jLabel14 = new javax.swing.JLabel();


jLabel6.setText("jLabel6");


jLabel10.setText("jLabel10");


setDefaultCloseOperation(javax.swing.WindowConstants.EXIT_ON_CLOSE);

setTitle("Nutrition Information");


jButton1.setText("Logout");

jButton1.addActionListener(new java.awt.event.ActionListener() {

    public void actionPerformed(java.awt.event.ActionEvent evt) {

        jButton1ActionPerformed(evt);

    }

});


jButton2.setText("Exit");

jButton2.addActionListener(new java.awt.event.ActionListener() {

    public void actionPerformed(java.awt.event.ActionEvent evt) {

        jButton2ActionPerformed(evt);
```

```java
    }

});


jLabel1.setText("Goal");


jLabel2.setFont(new java.awt.Font("Dialog", 0, 14)); // NOI18N

jLabel2.setForeground(new java.awt.Color(0, 0, 0));

jLabel2.setText("2500  -");


jLabel3.setFont(new java.awt.Font("Dialog", 0, 14)); // NOI18N

jLabel3.setForeground(new java.awt.Color(51, 102, 255));

jLabel3.setText("1800  +");


jLabel4.setText("Food");


jLabel5.setText("Exercise");


jLabel7.setFont(new java.awt.Font("Dialog", 0, 14)); // NOI18N

jLabel7.setForeground(new java.awt.Color(255, 102, 51));

jLabel7.setText("300  =");


jLabel8.setFont(new java.awt.Font("Dialog", 0, 14)); // NOI18N

jLabel8.setForeground(new java.awt.Color(0, 102, 51));

jLabel8.setText("1000");
```

```java
jLabel9.setText("Remaining");


jLabel11.setFont(new java.awt.Font("Dialog", 0, 14)); // NOI18N

jLabel11.setForeground(new java.awt.Color(0, 0, 0));

jLabel11.setText("BMI: 22 — NORMAL WEIGHT");


jLabel12.setFont(new java.awt.Font("Dialog", 0, 14)); // NOI18N

jLabel12.setForeground(new java.awt.Color(0, 0, 0));

jLabel12.setText("With this plan, you will: MAINTAIN WEIGHT");


jLabel13.setFont(new java.awt.Font("Dialog", 0, 14)); // NOI18N

jLabel13.setForeground(new java.awt.Color(0, 0, 0));

jLabel13.setText("Recommended calories to lose weight: 2200");


jLabel14.setFont(new java.awt.Font("Dialog", 0, 14)); // NOI18N

jLabel14.setForeground(new java.awt.Color(0, 0, 0));

jLabel14.setText("Recommended calories to gain weight: 2850");


javax.swing.GroupLayout layout = new javax.swing.GroupLayout(getContentPane());

getContentPane().setLayout(layout);

layout.setHorizontalGroup(

    layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

    .addGroup(layout.createSequentialGroup()
```

```java
.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)
    .addGroup(layout.createSequentialGroup()
        .addGap(124, 124, 124)

        .addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.TRAILING)
            .addComponent(jLabel2)

            .addComponent(jLabel1, javax.swing.GroupLayout.PREFERRED_SIZE, 40,
javax.swing.GroupLayout.PREFERRED_SIZE))

        .addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.RELATED)

        .addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING, false)
            .addGroup(layout.createSequentialGroup()
                .addComponent(jLabel3)

.addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.RELATED)

                .addComponent(jLabel7))
            .addGroup(layout.createSequentialGroup()
                .addGap(6, 6, 6)

                .addComponent(jLabel4, javax.swing.GroupLayout.PREFERRED_SIZE, 41,
javax.swing.GroupLayout.PREFERRED_SIZE)

.addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.RELATED)

                .addComponent(jLabel5, javax.swing.GroupLayout.DEFAULT_SIZE,
javax.swing.GroupLayout.DEFAULT_SIZE, Short.MAX_VALUE)))
        .addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.RELATED)

        .addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)
```

```java
                    .addComponent(jLabel8)

                    .addComponent(jLabel9, javax.swing.GroupLayout.Alignment.TRAILING)))
                .addGroup(layout.createSequentialGroup()
                    .addGap(28, 28, 28)

            .addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

                    .addComponent(jLabel12)

                    .addComponent(jLabel11)

                    .addGroup(layout.createSequentialGroup()

            .addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

                        .addComponent(jLabel13)

                        .addComponent(jLabel14))

.addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.RELATED, 40,
Short.MAX_VALUE)

.addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)

                        .addComponent(jButton1,
javax.swing.GroupLayout.Alignment.TRAILING)

                        .addGroup(javax.swing.GroupLayout.Alignment.TRAILING,
layout.createSequentialGroup()

                            .addComponent(jButton2)

                            .addGap(8, 8, 8)))))))
                .addGap(19, 19, 19))
        );

        layout.setVerticalGroup(
```

```java
        layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)
            .addGroup(javax.swing.GroupLayout.Alignment.TRAILING,
layout.createSequentialGroup()
                .addGap(40, 40, 40)

                .addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.BASELINE)
                    .addComponent(jLabel2)

                    .addComponent(jLabel3)

                    .addComponent(jLabel7)

                    .addComponent(jLabel8))

                    .addPreferredGap(javax.swing.LayoutStyle.ComponentPlacement.RELATED)

                .addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.BASELINE)
                    .addComponent(jLabel1)

                    .addComponent(jLabel4)

                    .addComponent(jLabel5)

                    .addComponent(jLabel9))
                .addGap(33, 33, 33)

                .addComponent(jLabel11)

                .addGap(18, 18, 18)

                .addComponent(jLabel12)

                .addGap(18, 18, 18)

                .addGroup(layout.createParallelGroup(javax.swing.GroupLayout.Alignment.LEADING)
                    .addGroup(layout.createSequentialGroup()
```

```java
                    .addComponent(jLabel13)

                    .addGap(18, 18, 18)

                    .addComponent(jLabel14))

                .addGroup(layout.createSequentialGroup()

                    .addComponent(jButton1)

                    .addGap(18, 18, 18)

                    .addComponent(jButton2)))

            .addContainerGap(26, Short.MAX_VALUE))
    );


    pack();
}// </editor-fold>


private void jButton1ActionPerformed(java.awt.event.ActionEvent evt) {
this.dispose();
new Login1().setVisible(true);// TODO add your handling code here:

}


private void jButton2ActionPerformed(java.awt.event.ActionEvent evt) {
this.dispose();
// TODO add your handling code here:

}


/**
```

```java
 * @param args the command line arguments
 */
public static void main(String args[]) {
    /* Set the Nimbus look and feel */
    //<editor-fold defaultstate="collapsed" desc=" Look and feel setting code (optional) ">
    /* If Nimbus (introduced in Java SE 6) is not available, stay with the default look and feel.
     * For details see http://download.oracle.com/javase/tutorial/uiswing/lookandfeel/plaf.html
     */
    try {
        for (javax.swing.UIManager.LookAndFeelInfo info : javax.swing.UIManager.getInstalledLookAndFeels()) {
            if ("Nimbus".equals(info.getName())) {
                javax.swing.UIManager.setLookAndFeel(info.getClassName());
                break;
            }
        }
    } catch (ClassNotFoundException ex) {

java.util.logging.Logger.getLogger(FinalInfo.class.getName()).log(java.util.logging.Level.SEVERE, null, ex);
    } catch (InstantiationException ex) {

java.util.logging.Logger.getLogger(FinalInfo.class.getName()).log(java.util.logging.Level.SEVERE, null, ex);
    } catch (IllegalAccessException ex) {
```

```java
java.util.logging.Logger.getLogger(FinalInfo.class.getName()).log(java.util.logging.Level.SEVERE, null, ex);

        } catch (javax.swing.UnsupportedLookAndFeelException ex) {

java.util.logging.Logger.getLogger(FinalInfo.class.getName()).log(java.util.logging.Level.SEVERE, null, ex);

        }

        //</editor-fold>


        /* Create and display the form */

        java.awt.EventQueue.invokeLater(new Runnable() {

            public void run() {

                new FinalInfo().setVisible(true);

            }

        });

    }


    // Variables declaration - do not modify

    private javax.swing.JButton jButton1;

    private javax.swing.JButton jButton2;

    private javax.swing.JLabel jLabel1;

    private javax.swing.JLabel jLabel10;

    private javax.swing.JLabel jLabel11;

    private javax.swing.JLabel jLabel12;
```

```java
    private javax.swing.JLabel jLabel13;

    private javax.swing.JLabel jLabel14;

    private javax.swing.JLabel jLabel2;

    private javax.swing.JLabel jLabel3;

    private javax.swing.JLabel jLabel4;

    private javax.swing.JLabel jLabel5;

    private javax.swing.JLabel jLabel6;

    private javax.swing.JLabel jLabel7;

    private javax.swing.JLabel jLabel8;

    private javax.swing.JLabel jLabel9;

    // End of variables declaration
}
```

References:

MyFitnessPal