

Problem 1176: Diet Plan Performance

Problem Information

Difficulty: [Easy](#)

Acceptance Rate: 0.00%

Paid Only: No

Problem Description

A dieter consumes

calories[i]

calories on the

i

-th day.

Given an integer

k

, for

every

consecutive sequence of

k

days (

calories[i], calories[i+1], ..., calories[i+k-1]

for all

$0 \leq i \leq n-k$

), they look at

T

, the total calories consumed during that sequence of

k

days (

`calories[i] + calories[i+1] + ... + calories[i+k-1]`

):

If

$T < \text{lower}$

, they performed poorly on their diet and lose 1 point;

If

$T > \text{upper}$

, they performed well on their diet and gain 1 point;

Otherwise, they performed normally and there is no change in points.

Initially, the dieter has zero points. Return the total number of points the dieter has after dieting for

`calories.length`

days.

Note that the total points can be negative.

Example 1:

Input:

calories = [1,2,3,4,5], k = 1, lower = 3, upper = 3

Output:

0

Explanation

: Since k = 1, we consider each element of the array separately and compare it to lower and upper. calories[0] and calories[1] are less than lower so 2 points are lost. calories[3] and calories[4] are greater than upper so 2 points are gained.

Example 2:

Input:

calories = [3,2], k = 2, lower = 0, upper = 1

Output:

1

Explanation

: Since k = 2, we consider subarrays of length 2. calories[0] + calories[1] > upper so 1 point is gained.

Example 3:

Input:

calories = [6,5,0,0], k = 2, lower = 1, upper = 5

Output:

0

Explanation

: calories[0] + calories[1] > upper so 1 point is gained. lower <= calories[1] + calories[2] <= upper so no change in points. calories[2] + calories[3] < lower so 1 point is lost.

Constraints:

$1 \leq k \leq \text{calories.length} \leq 10^5$

$0 \leq \text{calories}[i] \leq 20000$

$0 \leq \text{lower} \leq \text{upper}$

Code Snippets

C++:

```
class Solution {
public:
    int dietPlanPerformance(vector<int>& calories, int k, int lower, int upper) {
        }
};
```

Java:

```
class Solution {
    public int dietPlanPerformance(int[] calories, int k, int lower, int upper) {
        }
}
```

Python3:

```
class Solution:
    def dietPlanPerformance(self, calories: List[int], k: int, lower: int, upper:
```

```
int) -> int:
```

Python:

```
class Solution(object):  
    def dietPlanPerformance(self, calories, k, lower, upper):  
        """  
        :type calories: List[int]  
        :type k: int  
        :type lower: int  
        :type upper: int  
        :rtype: int  
        """
```

JavaScript:

```
/**  
 * @param {number[]} calories  
 * @param {number} k  
 * @param {number} lower  
 * @param {number} upper  
 * @return {number}  
 */  
var dietPlanPerformance = function(calories, k, lower, upper) {  
  
};
```

TypeScript:

```
function dietPlanPerformance(calories: number[], k: number, lower: number,  
upper: number): number {  
  
};
```

C#:

```
public class Solution {  
    public int DietPlanPerformance(int[] calories, int k, int lower, int upper) {  
  
    }  
}
```

C:

```
int dietPlanPerformance(int* calories, int caloriesSize, int k, int lower,
int upper) {

}
```

Go:

```
func dietPlanPerformance(calories []int, k int, lower int, upper int) int {

}
```

Kotlin:

```
class Solution {
    fun dietPlanPerformance(calories: IntArray, k: Int, lower: Int, upper: Int): Int {
        return 0
    }
}
```

Swift:

```
class Solution {
    func dietPlanPerformance(_ calories: [Int], _ k: Int, _ lower: Int, _ upper: Int) -> Int {
        return 0
    }
}
```

Rust:

```
impl Solution {
    pub fn diet_plan_performance(calories: Vec<i32>, k: i32, lower: i32, upper: i32) -> i32 {
        return 0
    }
}
```

Ruby:

```
# @param {Integer[]} calories
# @param {Integer} k
# @param {Integer} lower
```

```
# @param {Integer} upper
# @return {Integer}
def diet_plan_performance(calories, k, lower, upper)

end
```

PHP:

```
class Solution {

    /**
     * @param Integer[] $calories
     * @param Integer $k
     * @param Integer $lower
     * @param Integer $upper
     * @return Integer
     */
    function dietPlanPerformance($calories, $k, $lower, $upper) {

    }
}
```

Dart:

```
class Solution {
  int dietPlanPerformance(List<int> calories, int k, int lower, int upper) {
}
```

Scala:

```
object Solution {
  def dietPlanPerformance(calories: Array[Int], k: Int, lower: Int, upper: Int): Int = {
}
```

Elixir:

```

defmodule Solution do
@spec diet_plan_performance(calories :: [integer], k :: integer, lower :: integer, upper :: integer) :: integer
def diet_plan_performance(calories, k, lower, upper) do
end
end

```

Erlang:

```

-spec diet_plan_performance([integer()], integer(), integer(), integer()) -> integer().
diet_plan_performance([Calories], K, Lower, Upper) ->
.

```

Racket:

```

(define/contract (diet-plan-performance calories k lower upper)
  (-> (listof exact-integer?) exact-integer? exact-integer? exact-integer?
    exact-integer?))

```

Solutions

C++ Solution:

```

/*
 * Problem: Diet Plan Performance
 * Difficulty: Easy
 * Tags: array
 *
 * Approach: Use two pointers or sliding window technique
 * Time Complexity: O(n) or O(n log n)
 * Space Complexity: O(1) to O(n) depending on approach
 */

class Solution {
public:
    int dietPlanPerformance(vector<int>& calories, int k, int lower, int upper) {
}

```

```
};
```

Java Solution:

```
/**  
 * Problem: Diet Plan Performance  
 * Difficulty: Easy  
 * Tags: array  
 *  
 * Approach: Use two pointers or sliding window technique  
 * Time Complexity: O(n) or O(n log n)  
 * Space Complexity: O(1) to O(n) depending on approach  
 */  
  
class Solution {  
    public int dietPlanPerformance(int[] calories, int k, int lower, int upper) {  
        // Implementation  
    }  
}
```

Python3 Solution:

```
"""  
Problem: Diet Plan Performance  
Difficulty: Easy  
Tags: array  
  
Approach: Use two pointers or sliding window technique  
Time Complexity: O(n) or O(n log n)  
Space Complexity: O(1) to O(n) depending on approach  
"""  
  
class Solution:  
    def dietPlanPerformance(self, calories: List[int], k: int, lower: int, upper: int) -> int:  
        # TODO: Implement optimized solution  
        pass
```

Python Solution:

```

class Solution(object):
    def dietPlanPerformance(self, calories, k, lower, upper):
        """
        :type calories: List[int]
        :type k: int
        :type lower: int
        :type upper: int
        :rtype: int
        """

```

JavaScript Solution:

```

/**
 * Problem: Diet Plan Performance
 * Difficulty: Easy
 * Tags: array
 *
 * Approach: Use two pointers or sliding window technique
 * Time Complexity: O(n) or O(n log n)
 * Space Complexity: O(1) to O(n) depending on approach
 */

/**
 * @param {number[]} calories
 * @param {number} k
 * @param {number} lower
 * @param {number} upper
 * @return {number}
 */
var dietPlanPerformance = function(calories, k, lower, upper) {
};


```

TypeScript Solution:

```

/**
 * Problem: Diet Plan Performance
 * Difficulty: Easy
 * Tags: array
 *
 * Approach: Use two pointers or sliding window technique
 * Time Complexity: O(n) or O(n log n)

```

```

* Space Complexity: O(1) to O(n) depending on approach
*/
function dietPlanPerformance(calories: number[], k: number, lower: number,
upper: number): number {
}

```

C# Solution:

```

/*
* Problem: Diet Plan Performance
* Difficulty: Easy
* Tags: array
*
* Approach: Use two pointers or sliding window technique
* Time Complexity: O(n) or O(n log n)
* Space Complexity: O(1) to O(n) depending on approach
*/
public class Solution {
    public int DietPlanPerformance(int[] calories, int k, int lower, int upper) {
}
}

```

C Solution:

```

/*
* Problem: Diet Plan Performance
* Difficulty: Easy
* Tags: array
*
* Approach: Use two pointers or sliding window technique
* Time Complexity: O(n) or O(n log n)
* Space Complexity: O(1) to O(n) depending on approach
*/
int dietPlanPerformance(int* calories, int caloriesSize, int k, int lower,
int upper) {

```

```
}
```

Go Solution:

```
// Problem: Diet Plan Performance
// Difficulty: Easy
// Tags: array
//
// Approach: Use two pointers or sliding window technique
// Time Complexity: O(n) or O(n log n)
// Space Complexity: O(1) to O(n) depending on approach

func dietPlanPerformance(calories []int, k int, lower int, upper int) int {

}
```

Kotlin Solution:

```
class Solution {
    fun dietPlanPerformance(calories: IntArray, k: Int, lower: Int, upper: Int): Int {
        return 0
    }
}
```

Swift Solution:

```
class Solution {
    func dietPlanPerformance(_ calories: [Int], _ k: Int, _ lower: Int, _ upper: Int) -> Int {
        return 0
    }
}
```

Rust Solution:

```
// Problem: Diet Plan Performance
// Difficulty: Easy
// Tags: array
//
// Approach: Use two pointers or sliding window technique
```

```

// Time Complexity: O(n) or O(n log n)
// Space Complexity: O(1) to O(n) depending on approach

impl Solution {
    pub fn diet_plan_performance(calories: Vec<i32>, k: i32, lower: i32, upper: i32) -> i32 {
        }

    }
}

```

Ruby Solution:

```

# @param {Integer[]} calories
# @param {Integer} k
# @param {Integer} lower
# @param {Integer} upper
# @return {Integer}
def diet_plan_performance(calories, k, lower, upper)

end

```

PHP Solution:

```

class Solution {

    /**
     * @param Integer[] $calories
     * @param Integer $k
     * @param Integer $lower
     * @param Integer $upper
     * @return Integer
     */
    function dietPlanPerformance($calories, $k, $lower, $upper) {
        }

    }
}

```

Dart Solution:

```

class Solution {
    int dietPlanPerformance(List<int> calories, int k, int lower, int upper) {

```

```
}
```

```
}
```

Scala Solution:

```
object Solution {  
    def dietPlanPerformance(calories: Array[Int], k: Int, lower: Int, upper: Int): Int = {  
  
    }  
    }  
}
```

Elixir Solution:

```
defmodule Solution do  
  @spec diet_plan_performance(calories :: [integer], k :: integer, lower :: integer, upper :: integer) :: integer  
  def diet_plan_performance(calories, k, lower, upper) do  
  
  end  
end
```

Erlang Solution:

```
-spec diet_plan_performance([integer()], integer(), integer(), integer()) -> integer().  
diet_plan_performance([Calories], K, Lower, Upper) ->  
.
```

Racket Solution:

```
(define/contract (diet-plan-performance calories k lower upper)  
  (-> (listof exact-integer?) exact-integer? exact-integer? exact-integer?  
        exact-integer?)  
)
```