

# 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 (

$\text{calories}[i] + \text{calories}[i+1] + \dots + \text{calories}[i+k-1]$

):

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

$\text{calories.length}$

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 {

}
}
```

### Swift:

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

}
}
```

### Rust:

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

}
}
```

### 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(Calories :: [integer()], K :: integer(), Lower ::
integer(), Upper :: 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) {

    }
}
```

### 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 {

    }
}
```

### Swift Solution:

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

    }
}
```

### 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(Calories :: [integer()], K :: integer(), Lower ::  
  integer(), Upper :: 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?)  
  )
```