Health Data Calculator

## Activity

Directions: For each programming exercise, provide your C++ source code and screenshot of your program output.

### Health Data Calculator

The following program calculates a user's age in days based on the user's age in years:

**Health data: Age in days example.**

|  |  |
| --- | --- |
| **int** main() {  **int** userAgeYears;  **int** userAgeDays;    cout << "Enter your age in years: ";  cin >> userAgeYears;  userAgeDays = userAgeYears \* 365;    cout << "You are " << userAgeDays << " days old." << endl;    **return** 0;  } | Enter your age in years: 19  You are 6935 days old. |

Add the following functionalities to the program:

* Calculate the user's age in minutes and seconds.
* Estimate the approximate number of times the user's heart has beaten in his/her lifetime using an average heart rate of 72 beats per minutes.
* Calculate one other health-related statistic of your choice. Try searching the Internet to determine how to calculate that data, and create a program to perform that calculation. The program can ask the user to enter any information needed to perform the calculation.