

Input :

```
1 import datetime as d
2 import json as j
3
4 b = {
5     1: {"s": "poppy seed", "t": "Take folic acid to support healthy development.", "n": "Leafy vegetables l"},
6     12: {"s": "lime", "t": "Avoid raw fish and unpasteurized foods.", "n": "Protein-rich foods: eggs, lean"},
7     20: {"s": "banana", "t": "Stay hydrated and monitor your energy levels.", "n": "Fruits, whole grains, a"},
8     28: {"s": "eggplant", "t": "Exercise gently and avoid strenuous activity.", "n": "Calcium-rich foods li"},
9     36: {"s": "papaya", "t": "Prepare for labor, attend prenatal classes.", "n": "Iron-rich foods: spinach,"},
10    40: {"s": "pumpkin", "t": "Stay calm, ensure rest and relaxation.", "n": "Balanced diet with all essent"}
11 }
12
13 m = {
14     12: "First ultrasound scan - see your baby's growth.",
15     16: "Routine blood test - check your health parameters.",
16     20: "Detailed ultrasound scan - monitor baby's anatomy.",
17     28: "Tetanus booster vaccination - protect you and baby.",
18     36: "Prepare for delivery - pack hospital bag and final checkups."
19 }
20
21 t = {
22     1: "Trimester 1: Focus on vitamins, avoid stress, gentle exercise, hydrate well, and get plenty of rest",
23     2: "Trimester 2: Track baby growth, maintain healthy diet, moderate exercise, and attend prenatal check",
24     3: "Trimester 3: Monitor baby kicks, practice breathing exercises, plan delivery, and maintain calm mir"
25 }
26
27 def a(s):
28     x = d.timedelta(weeks=40)
29     k = s + x
30     return k
31
32 def v(w):
```

```
56 def z(d, f="pp.json"):
57     op = []
58     op.append(d)
59     f1 = open(f, "w")
60     j.dump(op, f1, indent=4)
61     f1.close()
62
63 q = input("Enter current pregnancy week (1-40): ")
64 w = int(q)
65 q2 = input("Enter first day of last menstrual period (YYYY-MM-DD): ")
66 s = d.datetime.strptime(q2, "%Y-%m-%d")
67 q3 = input("Current weight in kg: ")
68 c = float(q3)
69 q4 = input("Any symptoms this week? (comma separated): ")
70 syli = []
71 if q4:
72     syli = []
73     for u in q4.split(","):
74         syli.append(u.strip())
75 else:
76     syli = []
77
78 qw = x(w)
79 ed = a(s)
80 d1 = y(ed)
81 tr = v(w)
82 upm = []
83 for r in m:
84     if r >= w:
85         upm.append(r)
86
87 print("\n--- PREGNANCY WEEK SUMMARY ---")
```

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EXPLORER

PYTHON CODE

jndfj.py

goo.py

infdfj.py

ig.py

vidu.py

parv.py

m hu hutiya

count.py

cycle.py

egg.py

floatarray.py

fp.py

my f code.py

numb.py

ppjson

preg2.py

preg3.py

pregnecy.py

pregfinal.py

pregnancy_progress.json

strarrays.py

subsp.py

Videos - Shortcut.Lnk

xnew.py

xray.py

OUTLINE

TIMELINE

pregfinal.py > v

93 print("\n==== PREGNANCY WEEK SUMMARY ====")
94 print("Week:", w)
95 print("Baby size:", b[qw]["s"])
96 print("Safety tip:", b[qw]["t"])
97 print("Nutrition:", b[qw]["n"])
98 print("Weight gain avg:", b[qw]["w"])
99 print("Trimester note:", t[tr])
100 print("Expected delivery:", ed.strftime("%d %b %Y"))
101 print("Days left:", dl, "days")
102
103 print("\n==== UPCOMING MILESTONES ====")
104 if len(upm) > 0:
105 | for r in upm:
106 | | print("Week", r, ":", m[r])
107 else:
108 | print("No milestones.")
109
110 print("\n==== SYMPTOMS TRACKER ====")
111 if len(syll) > 0:
112 | for s_ in syll:
113 | | print("-", s_)
114 else:
115 | print("No symptoms.")
116
117 print("\nRemember: Each week baby grows, your body adapts. Hydrate, eat well, rest.")
118 print("Track daily, tell doctor any concerns.")
119 print("Balance food: fruits, veg, protein, calcium, iron.")
120 print("Gentle walk/exercise ok, no heavy lift.")
121 print("Watch weight gain.")
122 print("Feel fetal moves, note change.")
123 print("Get ready for checkups, vaccines, listen to doctor.")
124 print("Mental health: relax, stay positive.")

Ln 32, Col 10 Spaces 4 UTF-8 CRLF Python 3.14.0

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OUTLINE

TIMELINE

pregfinal.py > v

124 print("Mental health: relax, stay positive.")
125 print("Log/journal progress weekly.")
126 print("Progress saves for future.")
127
128 p = {"w": w, "date": str(d.datetime.now().date()), "cw": c, "sy": syll}
129 z(p)
130
131 print("\nProgress saved. Stay healthy! End of summary. Enjoy your journey!")

Ln 32, Col 10 Spaces 4 UTF-8 CRLF Python 3.14.0

OUTPUT:

The screenshot shows a Python IDE with a file explorer on the left and a terminal window on the right. The file explorer lists various Python files and a JSON file. The terminal window displays the output of a Python script, which is a pregnancy week summary for week 28. The output includes a safety tip, nutrition advice, weight gain information, trimester notes, and upcoming milestones. The terminal window also shows a message about progress saved and a final summary.

```
PS C:\Users\DELL\Documents\python code> & C:/Users/DELL/AppData/Local/Programs/Python/Python314/python.exe "c:/Users/DELL/Docum
Enter current pregnancy week (1-40): 28
Enter first day of last menstrual period (YYYY-MM-DD): 2025-04-24
Current weight in kg: 70
Any symptoms this week? (comma separated): no

==== PREGNANCY WEEK SUMMARY ====
Week: 28
Baby size: eggplant
Safety tip: Exercise gently and avoid strenuous activity.
Nutrition: Calcium-rich foods like milk, cheese, yogurt.
Weight gain avg: 7-9 kg
Trimester note: Trimester 3: Monitor baby kicks, practice breathing exercises, plan delivery, and maintain calm mindset.
Expected delivery: 29 Jan 2026
Days left: 64 days

==== UPCOMING MILESTONES ====
Week 28 : Tetanus booster vaccination - protect you and baby.
Week 36 : Prepare for delivery - pack hospital bag and final checkups.

==== SYMPTOMS TRACKER ====
- no

Remember: Each week baby grows, your body adapts. Hydrate, eat well, rest.
Track daily, tell doctor any concerns.
Balance food: fruits, veg, protein, calcium, iron.
Gentle walk/exercise ok, no heavy lift.
Watch weight gain.
Feel fetal moves, note change.
Get ready for checkups, vaccines, listen to doctor.
Mental health: relax, stay positive.
Log/journal progress weekly.
Progress saves for future.

Progress saved. Stay healthy! End of summary. Enjoy your journey!
PS C:\Users\DELL\Documents\python code> & C:/Users/DELL/AppData/Local/Programs/Python/Python314/python.exe "c:/Users/DELL/Docum
ents/python_code/pregfinal.py"
```


