Task 3 Number 4

Algorithm

1- take inputs from the user as strings (weight,length,age).

2- make sure that the strings are formed from characters of numbers or characters of numbers and one dot only else print "invalid input" and repeat the data allocating steps.

3- convert the strings into there equivalent numbers data type.

4- ask user to Choose Gender in which character 'M' represent male and character 'F' female.

5- take character from user make sure it belong those characters ['m','M','f','F'] else print "invalid input"

And repeat from step (4).

6- if user Entered 'm' or 'M' use male formula to calculate

BMR=66 + 6.3\*w + 12.9\*h + 6.8\*y.

7- if user Entered 'f' or 'F' use male formula to calculate

BMR=655 + 4.3\*w + 4.7\*h + 4.7\*y.

8 – number of bars of chocolate needed to maintain user's weight (n) n = ceil(BMR/230)

9- print n.