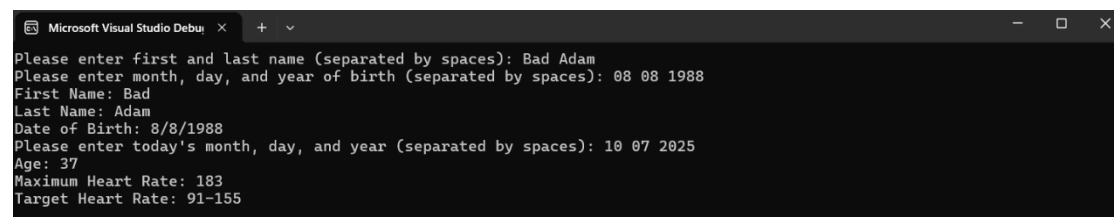
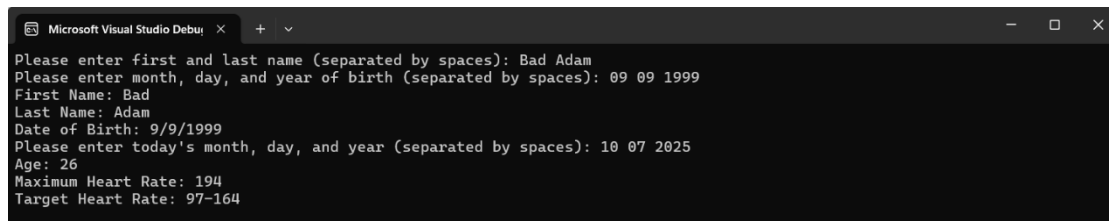


Sample Out 01:



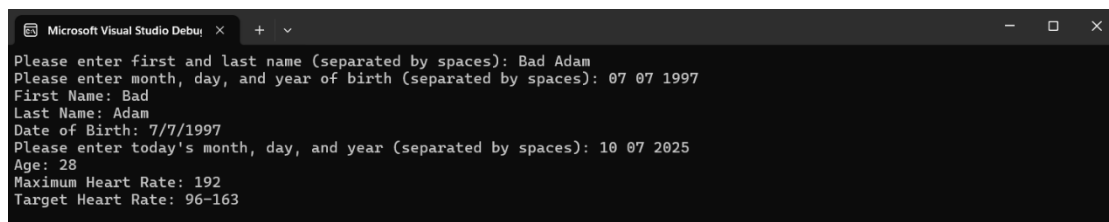
```
Microsoft Visual Studio Debug Console
Please enter first and last name (separated by spaces): Bad Adam
Please enter month, day, and year of birth (separated by spaces): 08 08 1988
First Name: Bad
Last Name: Adam
Date of Birth: 8/8/1988
Please enter today's month, day, and year (separated by spaces): 10 07 2025
Age: 37
Maximum Heart Rate: 183
Target Heart Rate: 91-155
```

Sample Out 02:



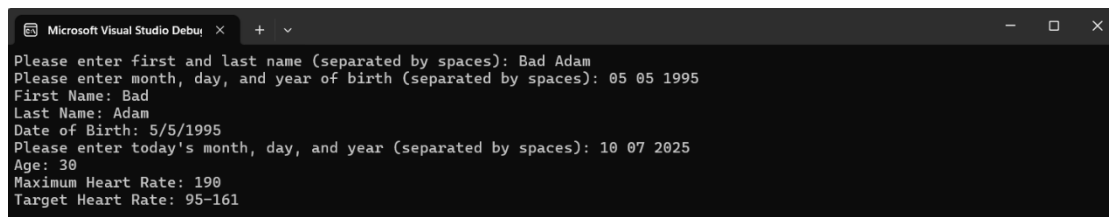
```
Microsoft Visual Studio Debug Console
Please enter first and last name (separated by spaces): Bad Adam
Please enter month, day, and year of birth (separated by spaces): 09 09 1999
First Name: Bad
Last Name: Adam
Date of Birth: 9/9/1999
Please enter today's month, day, and year (separated by spaces): 10 07 2025
Age: 26
Maximum Heart Rate: 194
Target Heart Rate: 97-164
```

Sample Out 03:



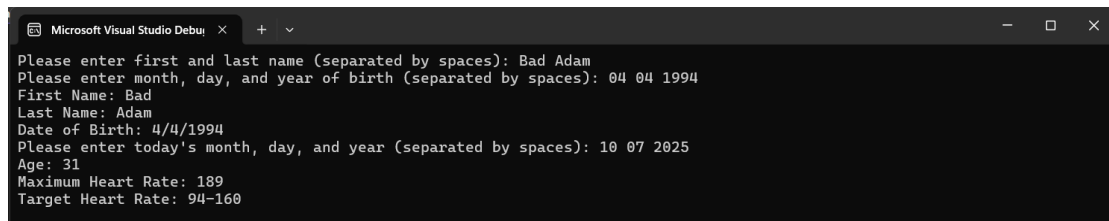
```
Microsoft Visual Studio Debug Console
Please enter first and last name (separated by spaces): Bad Adam
Please enter month, day, and year of birth (separated by spaces): 07 07 1997
First Name: Bad
Last Name: Adam
Date of Birth: 7/7/1997
Please enter today's month, day, and year (separated by spaces): 10 07 2025
Age: 28
Maximum Heart Rate: 192
Target Heart Rate: 96-163
```

Sample Out 04:



```
Microsoft Visual Studio Debug Console
Please enter first and last name (separated by spaces): Bad Adam
Please enter month, day, and year of birth (separated by spaces): 05 05 1995
First Name: Bad
Last Name: Adam
Date of Birth: 5/5/1995
Please enter today's month, day, and year (separated by spaces): 10 07 2025
Age: 30
Maximum Heart Rate: 190
Target Heart Rate: 95-161
```

Sample Out 05:



```
Microsoft Visual Studio Debug Console
Please enter first and last name (separated by spaces): Bad Adam
Please enter month, day, and year of birth (separated by spaces): 04 04 1994
First Name: Bad
Last Name: Adam
Date of Birth: 4/4/1994
Please enter today's month, day, and year (separated by spaces): 10 07 2025
Age: 31
Maximum Heart Rate: 189
Target Heart Rate: 94-160
```