My Fit

Terminal application

Features

- Exercise
  - Will assist the user in formulating a workout based on a selected muscle group.
- Nutrition
  - Will provide valuable information to assist the user in controlling their caloric intake
- Motivate
  - Will provide helpful tips and motivational quotes to encourage the user to exercise

1. Why?

To make fitness more accessible! I wanted to create an application that anyone could use to start living a healthier lifestyle.

➔ **Makes fitness less intimidating**
A simple and plain introduction to starting an active lifestyle

➔ **Creating a startpoint**
Give the user enough to get started

➔ **Not overcomplicating things**
A focus on foundations

2. How?

By providing useful information that challenges any fitness misconceptions the user might have!

➔ **Presenting info in a digestible format**

When not overwhelmed, the user can focus on the important details of training and nutrition.

➔ **Making the app beneficial to anyone**

With the target audience being everyone, people of all levels of fitness can utilise it.

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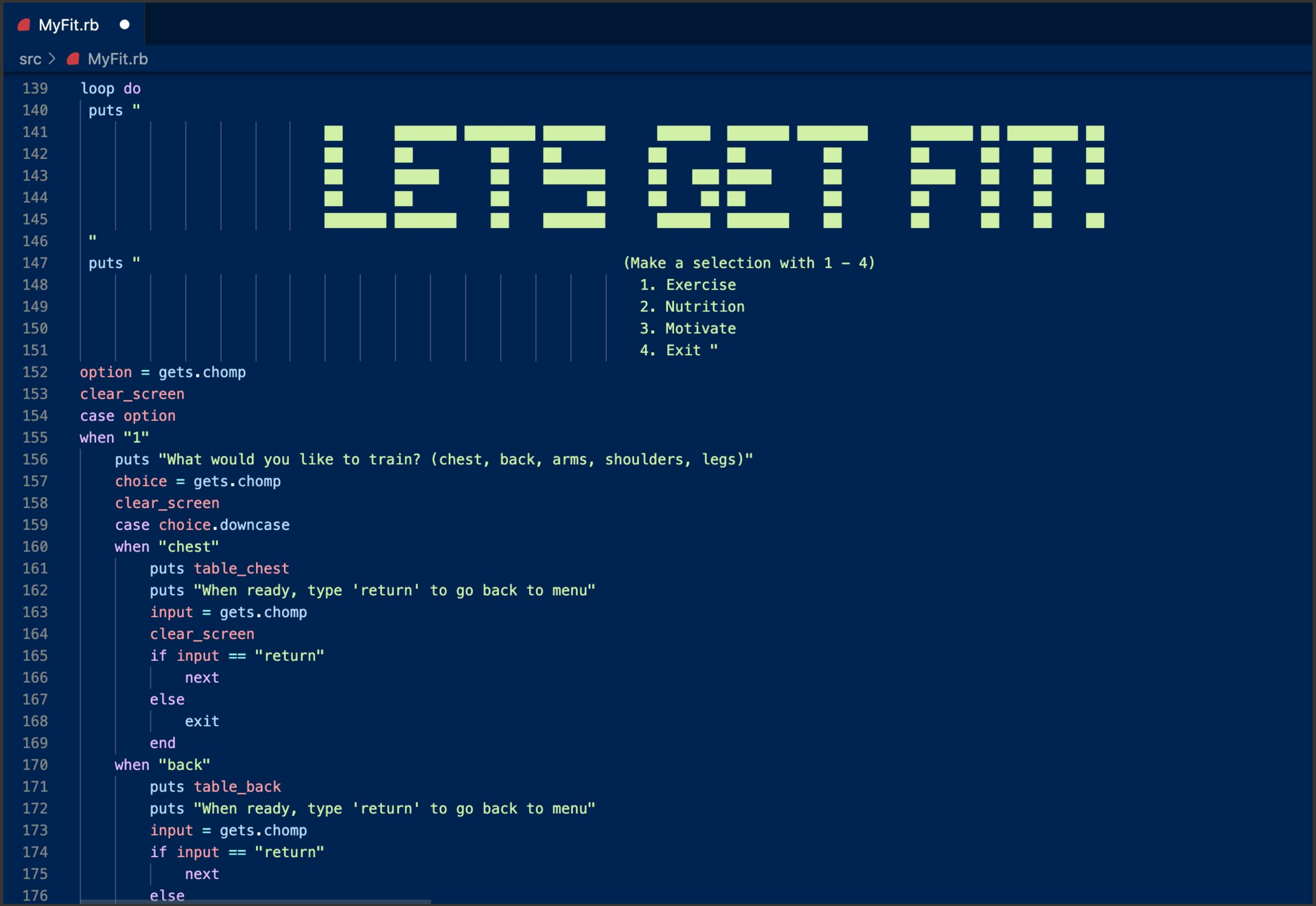
Through the navigation of a clear and concise menu

The user will be able to explore the app's various features!

Because of this! The user will utilise the application with ease and benefit from what it offers



```ruby
loop do
 puts "
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 "
 puts "                                                             (Make a selection with 1 - 4)
                                                                1. Exercise
                                                                2. Nutrition
                                                                3. Motivate
                                                                4. Exit "
option = gets.chomp
clear_screen
case option
when "1"
    puts "What would you like to train? (chest, back, arms, shoulders, legs)"
    choice = gets.chomp
    clear_screen
    case choice.downcase
    when "chest"
        puts table_chest
        puts "When ready, type 'return' to go back to menu"
        input = gets.chomp
        clear_screen
        if input == "return"
            next
        else
            exit
        end
    when "back"
        puts table_back
        puts "When ready, type 'return' to go back to menu"
        input = gets.chomp
        if input == "return"
            next
        else
```

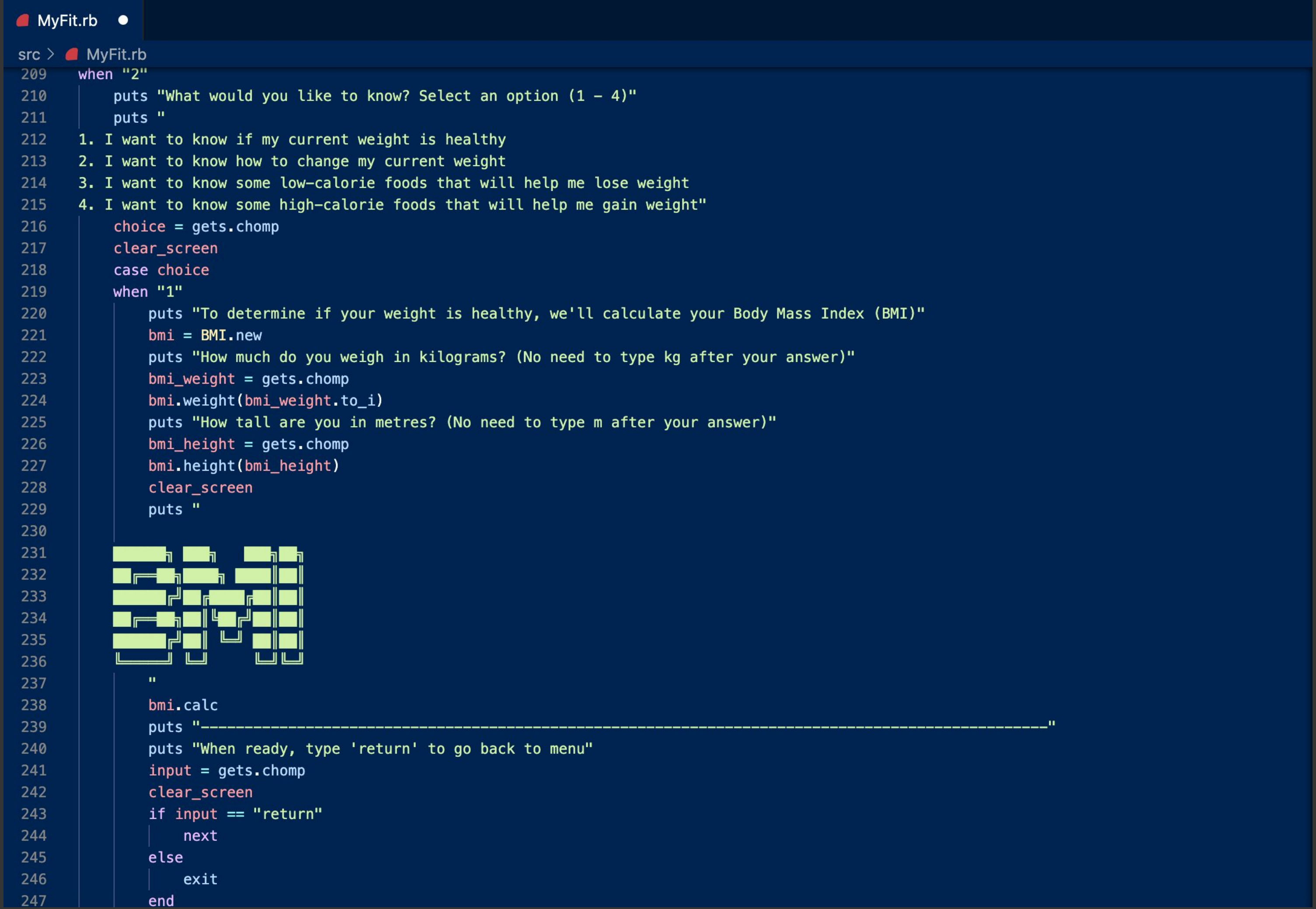

```ruby
when "2"
    puts "What would you like to know? Select an option (1 - 4)"
    puts "
1. I want to know if my current weight is healthy
2. I want to know how to change my current weight
3. I want to know some low-calorie foods that will help me lose weight
4. I want to know some high-calorie foods that will help me gain weight"
    choice = gets.chomp
    clear_screen
    case choice
    when "1"
        puts "To determine if your weight is healthy, we'll calculate your Body Mass Index (BMI)"
        bmi = BMI.new
        puts "How much do you weigh in kilograms? (No need to type kg after your answer)"
        bmi_weight = gets.chomp
        bmi.weight(bmi_weight.to_i)
        puts "How tall are you in metres? (No need to type m after your answer)"
        bmi_height = gets.chomp
        bmi.height(bmi_height)
        clear_screen
        puts "

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        "
        bmi.calc
        puts "-------------------------------------------------------------------------------------------------"
        puts "When ready, type 'return' to go back to menu"
        input = gets.chomp
        clear_screen
        if input == "return"
            next
        else
            exit
        end
```

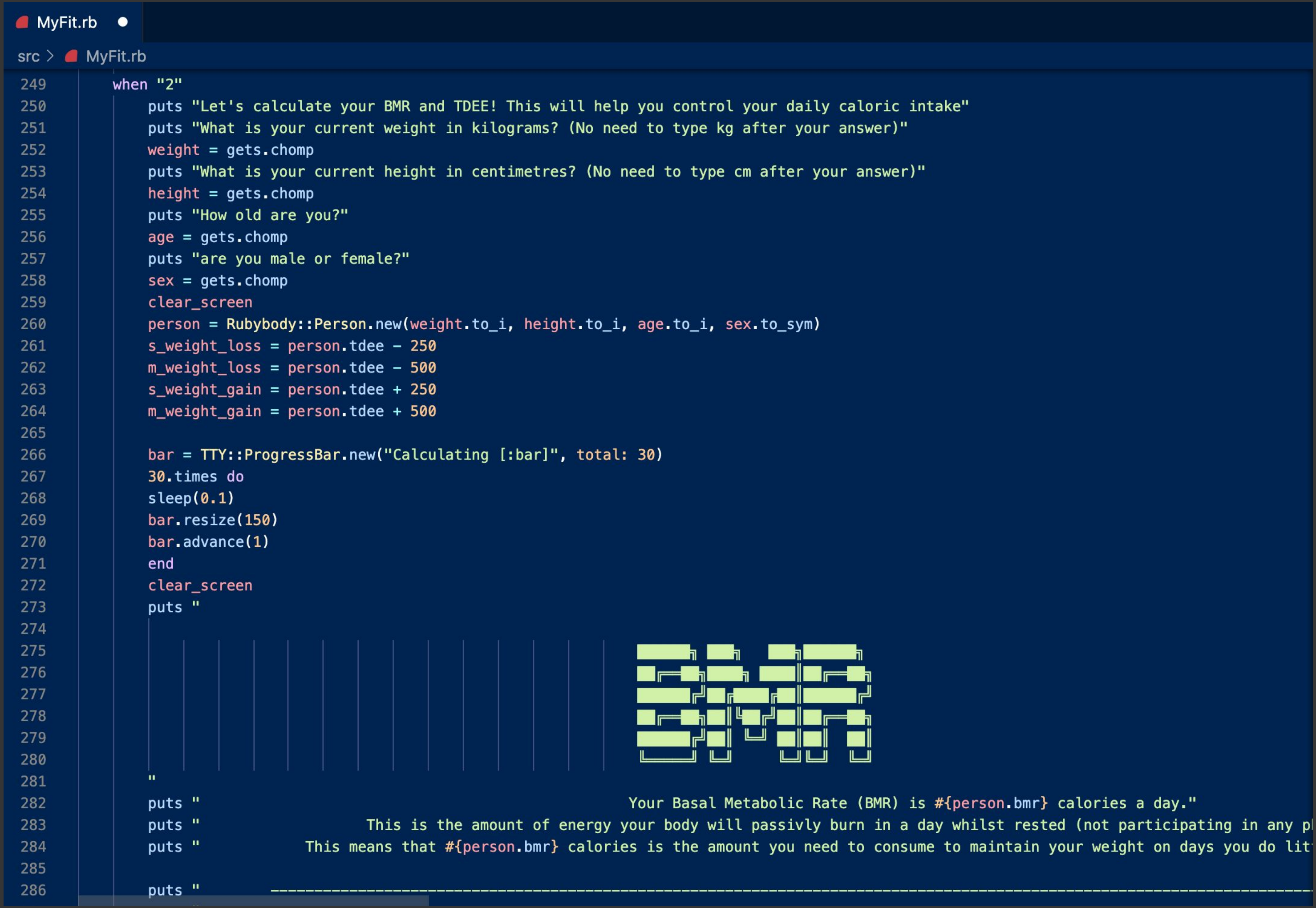

```ruby
    when "2"
        puts "Let's calculate your BMR and TDEE! This will help you control your daily caloric intake"
        puts "What is your current weight in kilograms? (No need to type kg after your answer)"
        weight = gets.chomp
        puts "What is your current height in centimetres? (No need to type cm after your answer)"
        height = gets.chomp
        puts "How old are you?"
        age = gets.chomp
        puts "are you male or female?"
        sex = gets.chomp
        clear_screen
        person = Rubybody::Person.new(weight.to_i, height.to_i, age.to_i, sex.to_sym)
        s_weight_loss = person.tdee - 250
        m_weight_loss = person.tdee - 500
        s_weight_gain = person.tdee + 250
        m_weight_gain = person.tdee + 500

        bar = TTY::ProgressBar.new("Calculating [:bar]", total: 30)
        30.times do
        sleep(0.1)
        bar.resize(150)
        bar.advance(1)
        end
        clear_screen
        puts "

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        "
        puts "                                                 Your Basal Metabolic Rate (BMR) is #{person.bmr} calories a day."
        puts "                   This is the amount of energy your body will passivly burn in a day whilst rested (not participating in any pl
        puts "            This means that #{person.bmr} calories is the amount you need to consume to maintain your weight on days you do lit

        puts "        ------------------------------------------------------------------------------------------------------------------------
```

What have I utilised to do all this?

- Complex data types such as arrays to store exercises in
- Methods to better implement certain functionality
- Gems and variables to calculate caloric data and produce useful feedback
- Control Flow so users can navigate and input data that the app requires
- Error handling to ensure the user inputs the intended information

Thank You!