

## Assessment Instructions

**Instructions:** Write a program to calculate total daily energy expenditure.

1. Create a new project called TDEE in your Mod04 Assessments folder.
2. Create a class called TDEE in the newly created project folder.
3. Download [Virtual Lecture Notes](#) to the Unit04 Documents folder. Read this document before beginning the assessment.
4. This program should ask the user for their name, gender, and BMR.
5. Present the user with a menu of activity levels (see Virtual Lecture Notes.)
6. Calculate the TDEE based on gender and activity factors.
7. The program should accept uppercase and lowercase letters for a menu option.
8. The program should alert the user if a non-menu item character has been entered.
9. Design a user-friendly menu and neatly display the output for each option.



You will save a significant amount of time if you take five minutes and design your menu and at least make a pseudocode outline of the structure of your program.

**Expected Output:** The design of the screen display for user input, the menu, and the program output is completely up to you; just be sure it is user-friendly.

```
BlueJ: Terminal Window - 4.07 TDEE
Options
Please entre your name: Wendy Gardener
Please enter your BMR: 1315
Please enter your Gender (M/F): F

Select Your Activity Level
[0] Resting (Sleeping, Reclining)
[1] Sedentary (Minimal Movement)
[2] Light (Sitting, Standing)
[3] Moderate (Light Manual Labor, Dancing, Riding Bike)
[4] Very Active (Team Sports, Hard Manual Labor)
[5] Extremely Active (Full-time Athlete, Heavy Manual Labor)

Enter the letter corresponding to your activity level: 3

Name: Wendy Gardener      Gender: F
BMR: 1315.0 calories      Activity Factor: 1.6
TDEE: 2104.0 calories
```