**Greetings and thank you for running this application.**

* **This program should work within any Python terminal when the main module is open and ran - all the required files are included in the zip folder.**
* **The files in the application are in required locations and moving the files in the directory will cause the application to fail.**
* **The location that the file is launched from must be the working directory.**
* **This program uses breezypythongui by Ken Lambert. The library is included and in the correct location in relation to the file. An updated version or more information can be found at the link below**
  + **https://lambertk.academic.wlu.edu/breezypythongui/downloads-and-legal-matters/**

**Open the File**

**The file must be unzipped, and in some applications, it must be specified as the working directory to correctly load (often this is the default setting).**

**SELECT,**

**Graphical user interface, text, application, email

Description automatically generated**

**OPEN,**

**then RUN the AmonDavid\_FinalProject.py file in the terminal of your choice.**

**To Close the File**

**Click the x to terminate the window or the 'exit the program' button on the applications main page**

**Graphical user interface, application

Description automatically generated**

**A list of direction for use are included in the application and are also listed below with images to provide visual guidance**

**--To Begin--**

**1. Input User's Weight in the designated box**

**Icon

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**2. 'Lock in' the weight - which unlocks the other buttons**

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**3. Enter Calorie and Exercise data (Images below in their respective sections)**

**4. Press 'Calculate Total' to Display calories remaining**

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***The resulting number is the total calories that can be***

***consumed to equal zero calorie burn/gain for the day. A negative***

***number would indicate a weight gain for the day\*.***

***A picture containing graphical user interface

Description automatically generated***

***Text

Description automatically generated with low confidence***

**--To Enter Calorie Intake--**

**1. Enter daily intake for each of the meals in their appropriate boxes**

**Graphical user interface, application

Description automatically generated**

**2. Press the 'Add Food Together' button**

****

**3. The total will display at the top**

**Diagram

Description automatically generated with medium confidence**

**4. Press again to Clear**

****

**--To Enter Exercise--**

**1.Select the exercise activity from the drop-down menu**

**Graphical user interface, application, Word

Description automatically generated**

**2. Enter the number of minutes the activity was performed**

**Graphical user interface, application

Description automatically generated**

**3. Click 'Add to total' to add to the overall exercise total (displayed at top)**

**Diagram

Description automatically generated**

**4. Continue to add exercise selections and time amounts until all exercises are totaled at the top.**

**Diagram

Description automatically generated**

**5. Press the 'Clear Total' button to clear the overall exercise calorie total**

**Graphical user interface

Description automatically generated with medium confidence A picture containing rectangle

Description automatically generated**