BREAKPOINT CODING PRACTICE

Loops

Heart Rate Tracker

I'm getting out of shape, and I want to start exercising again. However, I'm also getting old so I need to watch my heart rate. Please write an application that will track my heart rate every minute and ask me what activity I would like to do every time.

Set-Up

Ask for my starting heart rate

Ask how long I want to exercise

Ask me what activity I want to do

Running increases my heart rate by one every minute

Resting reduces my heart rate by one every minute

Heart Rate Tracker

For every minute of my workout, display my current heart rate and let me know what zone I'm in

<120 – I gave up, exit the application

120 – 140 I'm not working hard enough.

140 – 160 is my ideal workout zone

160 – 175 I'm working too hard

>175 – I'm dead

Every 5 minutes ask me if I want to change the activity. If I do, change the activity and update the heart rate counter accordingly. If I start running, heart rate increases. If I start resting, heart rate decreases.

Once my time is up ask if I want to work out again.

Calories Counter

The application should track the total number of calories I burned during my workout

(120 – 140) - 9 calories for every minute

(140 – 160) – 16 calories for every minute

(160 – 175) - 22 calories for every minute

Total Workout

Display the following information after the workout

- Total minutes spent working out
- Total calories burned
- Max heart rate reached
- Min heart rate reached