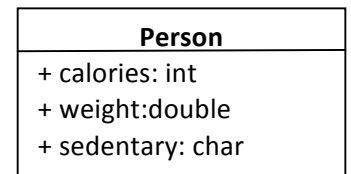


Lab 6

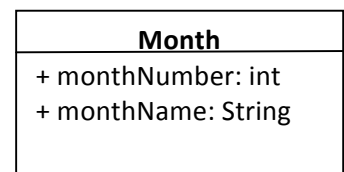
1. Write a program that recommends the number of calories a person should eat each day. Calories are units of energy found in all foods. Base your recommendation on the person's weight and whether the person has an active or sedentary(inactive) lifestyle. If the person is sedentary, that person's activity factor is 13. If the person is active, that person's activity factor is 15. Multiply the activity factor by the person's weight to get the recommended number of calories, use the following UML diagram.

Start your program by:

- Having the user enter his weight, as a floating point number;
- Having the user enter whether his have active or sedentary lifestyle, as a character, 'a' for active or 's' sedentary;
- Use a switch selection statement to use the appropriate calculation for the recommended calories for the selected lifestyle;
- Print out your results on the screen.



2. Write a program to display the name of the month for a given month number. The year starts month 1 as January and month 12 as December. Use the following UML Diagram.



3. Write a program to display the name of the day of week for a given number of the day of week. The week starts with day 1 as Sunday and ends with day 7 as Saturday. Use the following UML Diagram

