```python
import socket
import time

HOST = 'localhost'
PORT = 6000
ADDRESS = (HOST, PORT)
BUFFSIZE = 1024

# ---------------- ENCRYPTION ----------------
SHIFT = 3

def encrypt(text):
    return "".join(chr(ord(c) + SHIFT) for c in text)

def decrypt(text):
    return "".join(chr(ord(c) - SHIFT) for c in text)

# ---------------- CLIENT ----------------
c = socket.socket()

print("Connecting to server...")
while True:
    try:
        c.connect(ADDRESS)
        print("Connected successfully!")
        break
    except socket.error:
        print("Server not available. Retrying...")
        time.sleep(2)

username = input("Enter username: ")
password = input("Enter password: ")

c.send(encrypt(f"{username},{password}").encode())

auth_response = decrypt(c.recv(BUFFSIZE).decode())
print(auth_response)

if auth_response not in ["LOGIN_SUCCESS", "ACCOUNT_CREATED"]:
    c.close()
    exit()

height = input("Enter height (in inches): ")
weight = input("Enter weight (in pounds): ")

c.send(encrypt(f"{height},{weight}").encode())

# Receive BMI results
result = decrypt(c.recv(BUFFSIZE).decode())
print("\n=== FITNESS RESULTS ===")
print(result)

# Ask goal
goal = input("\nDo you want to lose weight or gain weight? (lose/gain): ").lower()
c.send(encrypt(goal).encode())

# Receive workout plan
workout = decrypt(c.recv(BUFFSIZE).decode())
print("\n=== WORKOUT PLAN ===")
print(workout)

c.close()
```