```python
from socket import *
import os

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

s = socket()
s.bind(ADDRESS)
s.listen()
print("Server running...")

conn, addr = s.accept()
print("Connected from", addr)

# ---------------- 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)

# ---------------- USERS ----------------
USER_FILE = "users.txt"
AccountTable = {}

def load_users():
    if os.path.exists(USER_FILE):
        with open(USER_FILE, "r") as f:
            for line in f:
                u, p = line.strip().split(",")
                AccountTable[u] = p

def save_user(username, password):
    with open(USER_FILE, "a") as f:
        f.write(f"{username},{password}\n")
    AccountTable[username] = password

load_users()

# ---------------- FITNESS ----------------
def calculate_bmi(height, weight):
    return round((weight / (height ** 2)) * 703, 1)

def bmi_category(bmi):
    if bmi < 18.5:
        return "Underweight"
    elif bmi < 25:
        return "Normal"
    elif bmi < 30:
        return "Overweight"
    else:
        return "Obese"

# ---------- AUTH ----------
auth_data = decrypt(conn.recv(BUFFSIZE).decode())
username, password = auth_data.split(",")

if username in AccountTable:
    if AccountTable[username] == password:
        conn.send(encrypt("LOGIN_SUCCESS").encode())
    else:
        conn.send(encrypt("INVALID_PASSWORD").encode())
        conn.close()
        exit()
else:
    save_user(username, password)
    conn.send(encrypt("ACCOUNT_CREATED").encode())
```

```
# ---------- BMI ----------
data = decrypt(conn.recv(BUFFSIZE).decode())
height, weight = map(float, data.split(","))

bmi = calculate_bmi(height, weight)
category = bmi_category(bmi)

bmi_response = f"""
BMI: {bmi}
Category: {category}
"""
conn.send(encrypt(bmi_response).encode())

# ---------- GOAL ----------
goal = decrypt(conn.recv(BUFFSIZE).decode())

if goal == "lose":
    workout = """
Workout to Lose Weight:
- Walking / Jogging / Cycling
- Jumping jacks – 40 sec
- Squats – 15 reps
- Push-ups – 10–15 reps
- Mountain climbers – 30 sec
- Plank – 30 sec
Rest 60 sec between rounds
"""
elif goal == "gain":
    workout = """
Workout to Gain Weight:

Upper Body Day:
- Bench press / Push-ups – 4×8–12
- Rows – 4×8–12
- Shoulder press – 3×10
- Bicep curls – 3×12
- Tricep dips – 3×12

Lower Body Day:
- Squats – 4×8–10
- Lunges – 3×10 each leg
- Deadlifts – 3×8
- Calf raises – 3×15
"""
else:
    workout = "Invalid choice."

conn.send(encrypt(workout).encode())
conn.close()
```