PATRICIA ORTY [student ID: 0004002218]
October 1, 2013

FLOWCHART Assignment

START

Did you run yesterday?

NO → **YES**

Left branch (NO):

Put on running shoes.

Put on iPhone headphones.

Hit Start.

Interval Running Program on iPhone.

Program begins.

Warm-Up for 5mins.

Run 3mins.
Walk 1mins.
Run 1:45mins.
Sprint :15mins.
Walk 1:30mins.

Have you completed 4 times?

YES / **NO**

Cool-Down for 5mins.

End Run

Right branch (YES):

Select workout DVD.

Input DVD.

DVD Player.

DVD plays.

Workout.

Have you completed at least 30 mins. of exercises?

YES / **NO**

Stop DVD.

Hit Eject.

DVD Player.

Output DVD.

Put away DVD.

Is it tomorrow?

NO / **YES**

Is it the weekend?

YES → END

NO