A screenshot of a computer

Description automatically generated

The main program will contain a menu that calls and runs the different activities. The class will have the abstract method of RunActivity whose purpose is to run the individual activities. In doing so, they run their respective activities. The various loading methods will be stored inside the Activity class, as well as all commonly shared information. Since prompts are different between activities and Breathing activity doesn’t use either, the only shared attributes are the activityTitle, activityDescription, and duration. The CreateLog class is for creating a log of all activities. It will be called at various points to save certain data to a log file. It will only write data, not read.