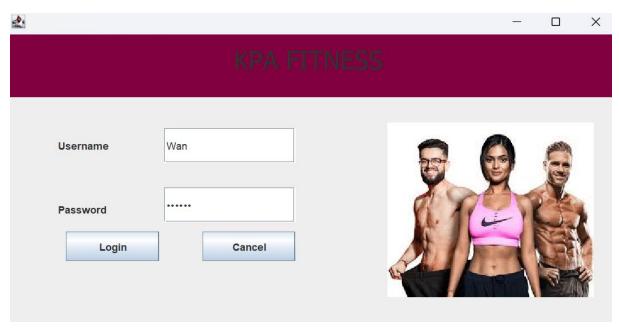
## 1. Login Interface

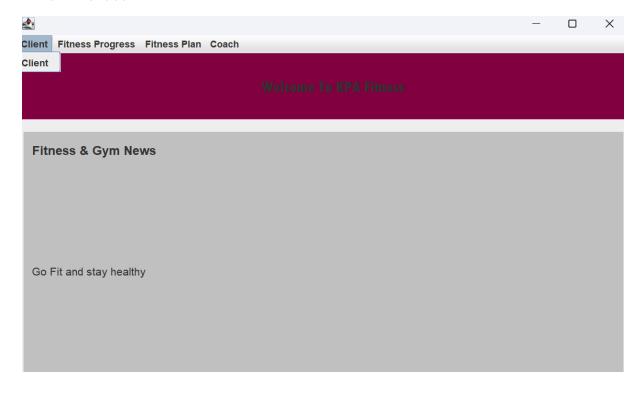


```
JFrame frame;
private JTextField textField_1;
private JPasswordField passwordField;
 * Launch the application.
public static void main(String[] args) {
    EventQueue.invokeLater(new Runnable() {
        public void run() {
            try {
                Kpa window = new Kpa();
                window.frame.setVisible(true);
            } catch (Exception e) {
                e.printStackTrace();
        }
    });
}
/**
* Create the application.
 */
public Kpa() {
    initialize();
}
* Initialize the contents of the frame.
private void initialize() {
    frame = new JFrame();
```

```
frame.setBounds(100, 100, 735, 380);
        frame.setDefaultCloseOperation(JFrame.EXIT_ON_CLOSE);
        frame.getContentPane().setLayout(null);
        textField_1 = new JTextField();
        textField_1.setColumns(10);
        textField 1.setBounds(188, 111, 155, 41);
        frame.getContentPane().add(textField_1);
        passwordField = new JPasswordField();
        passwordField.setBounds(188, 181, 155, 41);
        frame.getContentPane().add(passwordField);
        JPanel panel = new JPanel();
        panel.setBackground(new Color(128, 0, 64));
        panel.setBounds(0, 0, 721, 74);
        frame.getContentPane().add(panel);
        panel.setLayout(null);
        JLabel lblNewLabel 1 = new JLabel("KPA FITNESS");
        lblNewLabel 1.setBounds(270, 11, 209, 37);
        lblNewLabel_1.setFont(new Font("Tahoma", Font.PLAIN, 30));
        lblNewLabel 1.setBackground(new Color(255, 255, 255));
        panel.add(lblNewLabel 1);
        JButton btnNewButton = new JButton("Cancel");
        btnNewButton.setBounds(233, 233, 110, 35);
        frame.getContentPane().add(btnNewButton);
        JButton btnLogin = new JButton("Login");
        btnLogin.setBounds(72, 233, 110, 35);
        frame.getContentPane().add(btnLogin);
        // Add ActionListener to the "Login" button
        btnLogin.addActionListener(new ActionListener() {
            public void actionPerformed(ActionEvent e) {
                frame.dispose(); // Close the current frame
                Coach coach = new Coach(); // Create an instance of Coach class
                coach.setVisible(true); // Set the Coach frame visible
            }
        });
        JLabel lblUsername = new JLabel("Username");
        lblUsername.setBounds(62, 119, 87, 24);
        frame.getContentPane().add(lblUsername);
        JLabel lblPassword = new JLabel("Password");
        lblPassword.setBounds(62, 194, 87, 24);
        frame.getContentPane().add(lblPassword);
        JLabel lblimg = new JLabel(new
ImageIcon(this.getClass().getResource("/img.jpg")));
        lblimg.setBounds(435, 83, 276, 249);
        frame.getContentPane().add(lblimg);
    }
}
```

frame.getContentPane().setEnabled(true);

#### 2. Main interface



```
package kpa_fitness;
import java.awt.EventQueue;
import java.awt.event.ActionEvent;
import java.awt.event.ActionListener;
import javax.swing.JFrame;
import javax.swing.JMenu;
import javax.swing.JMenuBar;
import javax.swing.JMenuItem;
import javax.swing.JPanel;
import java.awt.Color;
import javax.swing.JLabel;
import javax.swing.SwingConstants;
import java.awt.Font;
public class Main {
      private JFrame frame;
       * Launch the application.
      public static void Main(String[] args) {
             EventQueue.invokeLater(new Runnable() {
                   public void run() {
                          try {
                                 Main window = new Main();
                                 window.frame.setVisible(true);
                          } catch (Exception e) {
                                 e.printStackTrace();
                          }
                    }
```

```
});
      }
       * Create the application.
       */
      public Coach() {
             initialize();
       * Initialize the contents of the frame.
      private void initialize() {
             frame = new JFrame();
             frame.setBounds(100, 100, 793, 468);
             frame.setDefaultCloseOperation(JFrame.EXIT_ON_CLOSE);
             // Create the menu bar
             JMenuBar menuBar = new JMenuBar();
             frame.setJMenuBar(menuBar);
             // Create each menu item
             JMenu menuClient = new JMenu("Client");
             JMenuItem menuItemClient = new JMenuItem("Client");
             menuItemClient.addActionListener(new ActionListener() {
                   public void actionPerformed(ActionEvent e) {
                          // Add your action when Client is clicked
             });
             menuClient.add(menuItemClient);
             menuBar.add(menuClient);
             JMenu menuFitnessProgress = new JMenu("Fitness Progress");
             JMenuItem menuItemFitnessProgress = new JMenuItem("Fitness
Progress");
             menuItemFitnessProgress.addActionListener(new ActionListener() {
                   public void actionPerformed(ActionEvent e) {
                          // Add your action when Fitness Progress is clicked
             });
             menuFitnessProgress.add(menuItemFitnessProgress);
             menuBar.add(menuFitnessProgress);
             JMenu menuFitnessPlan = new JMenu("Fitness Plan");
             JMenuItem menuItemFitnessPlan = new JMenuItem("Fitness Plan");
             menuItemFitnessPlan.addActionListener(new ActionListener() {
                   public void actionPerformed(ActionEvent e) {
                          // Add your action when Fitness Plan is clicked
             });
             menuFitnessPlan.add(menuItemFitnessPlan);
             menuBar.add(menuFitnessPlan);
             JMenu menuCoach = new JMenu("Coach");
             JMenuItem menuItemCoach = new JMenuItem("Coach");
             menuItemCoach.addActionListener(new ActionListener() {
                   public void actionPerformed(ActionEvent e) {
                          // Add your action when Coach is clicked
```

```
}
             });
             menuCoach.add(menuItemCoach);
             menuBar.add(menuCoach);
             frame.getContentPane().setLayout(null);
             JPanel panel = new JPanel();
             panel.setBackground(new Color(128, 0, 64));
             panel.setBounds(0, 0, 779, 84);
             frame.getContentPane().add(panel);
             panel.setLayout(null);
             JLabel lblNewLabel = new JLabel("Welcome To KPA Fitness");
             lblNewLabel.setFont(new Font("Tw Cen MT Condensed Extra Bold",
Font. PLAIN, 20));
             lblNewLabel.setBounds(312, 11, 255, 62);
             panel.add(lblNewLabel);
             // News Section
             JPanel newsPanel = new JPanel();
             newsPanel.setBackground(Color.LIGHT_GRAY);
             newsPanel.setBounds(10, 100, 763, 319);
             frame.getContentPane().add(newsPanel);
             newsPanel.setLayout(null);
             JLabel lblNewLabel_1 = new JLabel("Fitness & Gym News");
             lblNewLabel_1.setFont(new Font("Arial", Font.BOLD, 16));
             lblNewLabel_1.setBounds(10, 11, 200, 25);
             newsPanel.add(lblNewLabel_1);
             JLabel newsLabel = new JLabel("Go Fit and stay healthy");
             newsLabel.setFont(new Font("Arial", Font.PLAIN, 14));
             newsLabel.setBounds(10, 47, 743, 261);
             newsPanel.add(newsLabel);
      }
      public void setVisible(boolean b) {
             // TODO Auto-generated method stub
      }
}
```

#### 3. Client Interface

Fitness App		-	o ×
	Client Name:		
	Client Phone:		
	Fitness Plan:		
	Tringgo Frani		
	Fitness Progress:		
	Coach Name:		
	Coach Phone:		
	Ought Hally		
	Submit		

```
import javax.swing.*;
import java.awt.*;
import java.awt.event.ActionEvent;
import java.awt.event.ActionListener;

public class Main {
    public static void main(String[] args) {
        SwingUtilities.invokeLater(() -> {
            JFrame frame = new JFrame("Fitness App");
            frame.setDefaultCloseOperation(JFrame.EXIT_ON_CLOSE);
            frame.setSize(400, 400);

            JPanel panel = new JPanel();
            panel.setLayout(new BoxLayout(panel, BoxLayout.Y_AXIS));

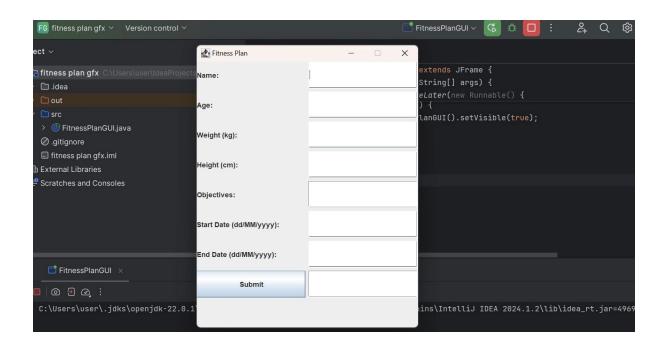
            JTextField clientNameField = new JTextField(15);
            JTextField clientPhoneField = new JTextField(15);
            JExtField clientPhoneField = new JTextField(15);
```

```
JTextField fitnessProgressField = new JTextField(15);
     JTextField coachNameField = new JTextField(15);
     JTextField coachPhoneField = new JTextField(15);
     JButton submitButton = new JButton("Submit");
     JTextArea outputArea = new JTextArea(10, 30);
     outputArea.setEditable(false);
     submitButton.addActionListener(new ActionListener() {
       @Override
       public void actionPerformed(ActionEvent e) {
         String clientName = clientNameField.getText();
         String clientPhone = clientPhoneField.getText();
         String fitnessPlan = fitnessPlanField.getText();
         String fitnessProgress = fitnessProgressField.getText();
         String coachName = coachNameField.getText();
         String coachPhone = coachPhoneField.getText();
         Coach coach = new Coach(coachName, coachPhone);
         Client client = new Client(clientName, clientPhone, fitnessPlan, fitnessProgress,
coach);
         outputArea.setText("Client Name: " + client.getName() + "\n"
             + "Client Phone: " + client.getPhoneNumber() + "\n"
             + "Fitness Plan: " + client.getFitnessPlan() + "\n"
             + "Fitness Progress: " + client.getFitnessProgress() + "\n"
             + "Coach Name: " + client.getCoach().getName() + "\n"
             + "Coach Phone: " + client.getCoach().getPhoneNumber());
       }
     });
```

JTextField fitnessPlanField = new JTextField(15);

```
panel.add(new JLabel("Client Name:"));
     panel.add(clientNameField);
     panel.add(new JLabel("Client Phone:"));
     panel.add(clientPhoneField);
     panel.add(new JLabel("Fitness Plan:"));
     panel.add(fitnessPlanField);
     panel.add(new JLabel("Fitness Progress:"));
     panel.add(fitnessProgressField);
     panel.add(new JLabel("Coach Name:"));
     panel.add(coachNameField);
     panel.add(new JLabel("Coach Phone:"));
     panel.add(coachPhoneField);
     panel.add(submitButton);
     panel.add(new JScrollPane(outputArea));
     frame.getContentPane().add(panel);
     frame.setVisible(true);
   });
 }
}
```

#### 3. FitnessPlan Interface



```
import javax.swing.*;
import java.awt.*;
import java.awt.event.ActionEvent;
import java.awt.event.ActionListener;
import java.text.ParseException;
import java.text.SimpleDateFormat;
import java.util.Date;

// Define the FitnessPlan class
class FitnessPlan {
   private String name;
   private int age;
   private double weight;
   private double height;
   private String[] objectives;
```

```
private Date startDate;
  private Date endDate;
  public FitnessPlan(String name, int age, double weight, double height, String[] objectives,
Date startDate, Date endDate) {
   this.name = name;
   this.age = age;
   this.weight = weight;
   this.height = height;
   this.objectives = objectives;
   this.startDate = startDate;
   this.endDate = endDate;
   this.bmi = calculateBMI(weight, height);
 }
 public String getName() {
   return name;
 }
 public int getAge() {
   return age;
 }
 public double getWeight() {
   return weight;
 }
  public double getHeight() {
   return height;
 }
```

```
public double getBMI() {
    return bmi;
 }
  public String[] getObjectives() {
   return objectives;
 }
  public String getStartDate() {
   return formatDate(startDate);
 }
  public String getEndDate() {
   return formatDate(endDate);
 }
  private double calculateBMI(double weight, double height) {
   return weight / Math.pow(height / 100, 2);
 }
  private String formatDate(Date date) {
   SimpleDateFormat formatter = new SimpleDateFormat("dd/MM/yyyy");
   return formatter.format(date);
 }
}
// Define the FitnessPlanGUI class
public class FitnessPlanGUI extends JFrame {
  private JTextField nameField;
  private JTextField ageField;
  private JTextField weightField;
```

```
private JTextField heightField;
private JTextArea objectivesArea;
private JTextField startDateField;
private JTextField endDateField;
private JButton submitButton;
private JTextArea outputArea;
public FitnessPlanGUI() {
  createView();
  setTitle("Fitness Plan");
  setDefaultCloseOperation(EXIT_ON_CLOSE);
  setSize(400, 500);
  setLocationRelativeTo(null);
  setResizable(false);
}
private void createView() {
  JPanel panel = new JPanel();
  getContentPane().add(panel);
  panel.setLayout(new GridLayout(9, 2, 5, 5));
  JLabel nameLabel = new JLabel("Name:");
  panel.add(nameLabel);
  nameField = new JTextField();
  panel.add(nameField);
  JLabel ageLabel = new JLabel("Age:");
  panel.add(ageLabel);
  ageField = new JTextField();
```

```
panel.add(ageField);
JLabel weightLabel = new JLabel("Weight (kg):");
panel.add(weightLabel);
weightField = new JTextField();
panel.add(weightField);
JLabel heightLabel = new JLabel("Height (cm):");
panel.add(heightLabel);
heightField = new JTextField();
panel.add(heightField);
JLabel objectivesLabel = new JLabel("Objectives:");
panel.add(objectivesLabel);
objectivesArea = new JTextArea();
panel.add(new JScrollPane(objectivesArea));
JLabel startDateLabel = new JLabel("Start Date (dd/MM/yyyy):");
panel.add(startDateLabel);
startDateField = new JTextField();
panel.add(startDateField);
JLabel endDateLabel = new JLabel("End Date (dd/MM/yyyy):");
panel.add(endDateLabel);
endDateField = new JTextField();
panel.add(endDateField);
submitButton = new JButton("Submit");
panel.add(submitButton);
outputArea = new JTextArea();
```

```
outputArea.setEditable(false);
  panel.add(new JScrollPane(outputArea));
  submitButton.addActionListener(new ActionListener() {
    @Override
    public void actionPerformed(ActionEvent e) {
      submitFitnessPlan();
   }
 });
}
private void submitFitnessPlan() {
  try {
    String name = nameField.getText().trim();
    int age = Integer.parseInt(ageField.getText().trim());
    double weight = Double.parseDouble(weightField.getText().trim());
    double height = Double.parseDouble(heightField.getText().trim());
    String[] objectives = objectivesArea.getText().split("\\n");
    String startDate = startDateField.getText().trim();
    String endDate = endDateField.getText().trim();
    if (name.isEmpty() || startDate.isEmpty() || endDate.isEmpty()) {
      showError("Name, start date, and end date are required.");
      return;
   }
    Date start = parseDate(startDate);
    Date end = parseDate(endDate);
    if (start.after(end)) {
      showError("Start date must be before end date.");
```

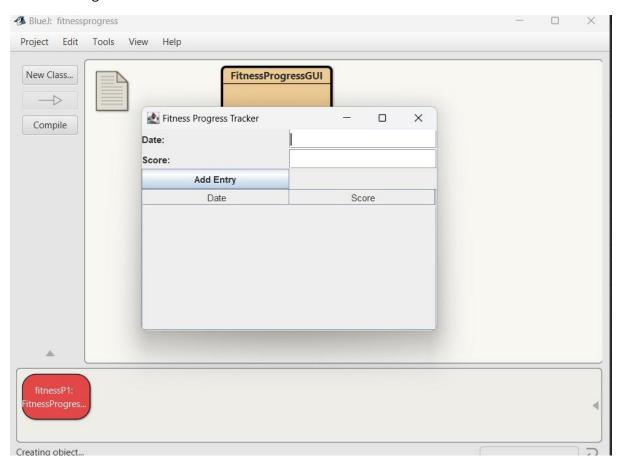
```
return;
   }
    FitnessPlan plan = new FitnessPlan(name, age, weight, height, objectives, start, end);
    displayFitnessPlan(plan);
  } catch (NumberFormatException ex) {
    showError("Age, weight, and height must be valid numbers.");
 } catch (ParseException ex) {
    showError("Dates must be in the format dd/MM/yyyy.");
 }
}
private void showError(String message) {
  JOptionPane.showMessageDialog(this, message, "Error", JOptionPane.ERROR_MESSAGE);
}
private void displayFitnessPlan(FitnessPlan plan) {
  outputArea.setText("Name: " + plan.getName() + "\n"
     + "Age: " + plan.getAge() + "\n"
     + "Weight: " + plan.getWeight() + " kg\n"
     + "Height: " + plan.getHeight() + " cm\n"
     + "BMI: " + String.format("%.2f", plan.getBMI()) + "\n"
     + "Start Date: " + plan.getStartDate() + "\n"
     + "End Date: " + plan.getEndDate() + "\n"
     + "Objectives:\n");
  for (String objective : plan.getObjectives()) {
    outputArea.append("- " + objective + "\n");
 }
}
```

```
private Date parseDate(String date) throws ParseException {
    SimpleDateFormat formatter = new SimpleDateFormat("dd/MM/yyyy");
    return formatter.parse(date);
}

public static void main(String[] args) {
    SwingUtilities.invokeLater(new Runnable() {
        @Override
        public void run() {
            new FitnessPlanGUI().setVisible(true);
        }
    });
}
```

}

## 4. FitnessProgress interface



import javax.swing.\*;

import javax.swing.table.DefaultTableModel;

import java.awt.\*;

import java.awt.event.ActionEvent;

import java.awt.event.ActionListener;

public class FitnessProgressGUI {

private JFrame frame;

private JTextField dateField;

private JTextField scoreField;

private DefaultTableModel tableModel;

public FitnessProgressGUI() {

// Create the frame

```
frame = new JFrame("Fitness Progress Tracker");
frame.setDefaultCloseOperation(JFrame.EXIT_ON_CLOSE);
frame.setSize(400, 300);
frame.setLayout(new BorderLayout());
// Create the input panel
JPanel inputPanel = new JPanel();
inputPanel.setLayout(new GridLayout(3, 2));
// Add date label and text field
inputPanel.add(new JLabel("Date:"));
dateField = new JTextField();
inputPanel.add(dateField);
// Add score label and text field
inputPanel.add(new JLabel("Score:"));
scoreField = new JTextField();
inputPanel.add(scoreField);
// Add submit button
JButton submitButton = new JButton("Add Entry");
inputPanel.add(submitButton);
// Add a placeholder to keep grid layout consistent
inputPanel.add(new JLabel(""));
frame.add(inputPanel, BorderLayout.NORTH);
// Create the table to display data
String[] columnNames = {"Date", "Score"};
tableModel = new DefaultTableModel(columnNames, 0);
```

```
JTable table = new JTable(tableModel);
   // Add the table to a scroll pane
   JScrollPane scrollPane = new JScrollPane(table);
   frame.add(scrollPane, BorderLayout.CENTER);
   // Add action listener to the submit button
   submitButton.addActionListener(new ActionListener() {
     @Override
     public void actionPerformed(ActionEvent e) {
       String date = dateField.getText();
       String score = scoreField.getText();
       if (!date.isEmpty() && !score.isEmpty()) {
         tableModel.addRow(new Object[]{date, score});
         dateField.setText("");
         scoreField.setText("");
       } else {
         JOptionPane.showMessageDialog(frame, "Please enter both date and score.", "Input
Error", JOptionPane.ERROR_MESSAGE);
       }
     }
   });
   // Make the frame visible
   frame.setVisible(true);
 }
 public static void main(String[] args) {
   new FitnessProgressGUI();
 }
```

}

# 5. Coach Interface

<b>A</b> Coach Manager	_		$\times$
Coach Name:			
Phone Number:			
Hourly Rate:			
Add Coach	Remove Coach		
Find Coach	Print Coaches		

```
package kpa_fitness;
import javax.swing.*;
import java.awt.*;
import java.awt.event.ActionEvent;
import java.awt.event.ActionListener;
import java.util.ArrayList;
import java.util.List;
public class Coach {
    private List<Coach> coaches;
    private JFrame frame;
    private JTextField coachNameField;
    private JTextField coachPhoneNumberField;
    private JTextField hourlyRateField;
    private JTextArea displayArea;
    public Coach() {
        coaches = new ArrayList<>();
        initializeGUI();
    }
    private void initializeGUI() {
        frame = new JFrame("Coach Manager");
```

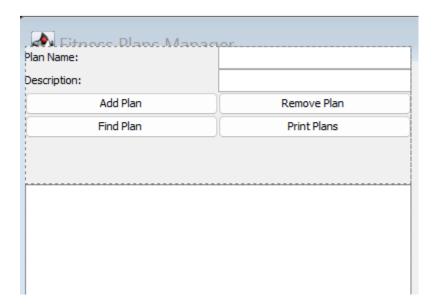
```
frame.setDefaultCloseOperation(JFrame.EXIT_ON_CLOSE);
        frame.setSize(400, 300);
        JPanel panel = new JPanel();
        panel.setLayout(new GridLayout(6, 2));
        panel.add(new JLabel("Coach Name:"));
        coachNameField = new JTextField();
        panel.add(coachNameField);
        panel.add(new JLabel("Phone Number:"));
        coachPhoneNumberField = new JTextField();
        panel.add(coachPhoneNumberField);
        panel.add(new JLabel("Hourly Rate:"));
        hourlyRateField = new JTextField();
        panel.add(hourlyRateField);
        JButton addButton = new JButton("Add Coach");
        addButton.addActionListener(new ActionListener() {
            @Override
            public void actionPerformed(ActionEvent e) {
                addCoach(coachNameField.getText(),
coachPhoneNumberField.getText(), Double.parseDouble(hourlyRateField.getText()));
        });
        panel.add(addButton);
        JButton removeButton = new JButton("Remove Coach");
        removeButton.addActionListener(new ActionListener() {
            @Override
            public void actionPerformed(ActionEvent e) {
                removeCoach(coachNameField.getText());
        });
        panel.add(removeButton);
        JButton findButton = new JButton("Find Coach");
        findButton.addActionListener(new ActionListener() {
            @Override
            public void actionPerformed(ActionEvent e) {
                findCoach(coachNameField.getText());
        });
        panel.add(findButton);
        JButton printButton = new JButton("Print Coaches");
        printButton.addActionListener(new ActionListener() {
            @Override
            public void actionPerformed(ActionEvent e) {
                printCoaches();
            }
        });
        panel.add(printButton);
        displayArea = new JTextArea();
        displayArea.setEditable(false);
        JScrollPane scrollPane = new JScrollPane(displayArea);
```

```
frame.getContentPane().add(panel, BorderLayout.NORTH);
        frame.getContentPane().add(scrollPane, BorderLayout.CENTER);
        frame.setVisible(true);
    }
    public void addCoach(String name, String phoneNumber, double hourlyRate) {
        coaches.add(new Coach());
        displayArea.append("Added coach: " + name + "\n");
    }
    public void removeCoach(String name) {
        boolean removed = coaches.removeIf(coach -> coach.getName().equals(name));
        if (removed) {
            displayArea.append("Removed coach: " + name + "\n");
        } else {
            displayArea.append("Coach not found: " + name + "\n");
    }
    private Object getName() {
             // TODO Auto-generated method stub
             return null;
      }
      public void printCoaches() {
        displayArea.append("Current Coaches:\n");
        for (Coach coach : coaches) {
            displayArea.append("Name: " + coach.getName() + ", Phone Number: " +
coach.getPhoneNumber() + ", Hourly Rate: " + coach.getHourlyRate() + "\n");
    }
    private String getHourlyRate() {
             // TODO Auto-generated method stub
             return null;
      }
      private String getPhoneNumber() {
             // TODO Auto-generated method stub
             return null;
      }
      public void findCoach(String name) {
        for (Coach coach : coaches) {
            if (coach.getName().equals(name)) {
               displayArea.append("Found coach: Name: " + coach.getName() + ",
Phone Number: " + coach.getPhoneNumber() + ", Hourly Rate: " +
coach.getHourlyRate() + "\n");
                return;
        displayArea.append("Coach not found: " + name + "\n");
    }
    public static void main(String[] args) {
        SwingUtilities.invokeLater(new Runnable() {
            @Override
            public void run() {
```

```
new Coach();
        }
    });
}
class CoachManager {
    private String name;
    private String phoneNumber;
    private double hourlyRate;
    private List<Client> clients;
    public CoachManager(String name, String phoneNumber, double hourlyRate) {
        this.name = name;
        this.phoneNumber = phoneNumber;
        this.hourlyRate = hourlyRate;
        this.clients = new ArrayList<>();
    }
    public String getName() {
        return name;
    public String getPhoneNumber() {
        return phoneNumber;
    }
    public double getHourlyRate() {
        return hourlyRate;
    }
    public List<Client> getClients() {
        return clients;
    }
    public void addClient(Client client) {
        clients.add(client);
    public void removeClient(Client client) {
        clients.remove(client);
}
class Client {
    private String name;
    private String phoneNumber;
    public Client(String name, String phoneNumber) {
        this.name = name;
        this.phoneNumber = phoneNumber;
    }
    public String getName() {
        return name;
    }
    public String getPhoneNumber() {
        return phoneNumber;
```

```
@Override
    public String toString() {
        return name + " (" + phoneNumber + ")";
     }
}
```

### 6. Find FitnessPlan Interface



```
import javax.swing.*;
import java.awt.*;
import java.awt.event.ActionEvent;
import java.awt.event.ActionListener;
import java.util.ArrayList;
public class Coach {
  private ArrayList<FitnessPlan> plans;
  private JFrame frame;
  private JTextField nameField;
  private JTextField descriptionField;
  private JTextArea displayArea;
  public Coach() {
   plans = new ArrayList<>();
   initializeGUI();
 }
  private void initializeGUI() {
```

```
frame = new JFrame("Fitness Plans Manager");
frame.setDefaultCloseOperation(JFrame.EXIT_ON_CLOSE);
frame.setSize(400, 300);
JPanel panel = new JPanel();
panel.setLayout(new GridLayout(6, 2));
panel.add(new JLabel("Plan Name:"));
nameField = new JTextField();
panel.add(nameField);
panel.add(new JLabel("Description:"));
descriptionField = new JTextField();
panel.add(descriptionField);
JButton addButton = new JButton("Add Plan");
addButton.addActionListener(new ActionListener() {
  @Override
  public void actionPerformed(ActionEvent e) {
   addPlan(nameField.getText(), descriptionField.getText());
 }
});
panel.add(addButton);
JButton removeButton = new JButton("Remove Plan");
removeButton.addActionListener(new ActionListener() {
  @Override
  public void actionPerformed(ActionEvent e) {
   removePlan(nameField.getText());
 }
});
```

```
panel.add(removeButton);
 JButton findButton = new JButton("Find Plan");
 findButton.addActionListener(new ActionListener() {
   @Override
   public void actionPerformed(ActionEvent e) {
     findPlan(nameField.getText());
   }
 });
 panel.add(findButton);
 JButton printButton = new JButton("Print Plans");
 printButton.addActionListener(new ActionListener() {
   @Override
   public void actionPerformed(ActionEvent e) {
     printPlans();
   }
 });
 panel.add(printButton);
 displayArea = new JTextArea();
 displayArea.setEditable(false);
 JScrollPane scrollPane = new JScrollPane(displayArea);
 frame.getContentPane().add(panel, BorderLayout.NORTH);
 frame.getContentPane().add(scrollPane, BorderLayout.CENTER);
 frame.setVisible(true);
public void addPlan(String name, String description) {
```

}

```
plans.add(new FitnessPlan(name, description));
   displayArea.append("Added plan: " + name + "\n");
 }
  public void removePlan(String name) {
   boolean removed = plans.removelf(plan -> plan.getName().equals(name));
   if (removed) {
     displayArea.append("Removed plan: " + name + "\n");
   } else {
     displayArea.append("Plan not found: " + name + "\n");
   }
 }
  public void printPlans() {
   displayArea.append("Current Plans:\n");
   for (FitnessPlan plan: plans) {
     displayArea.append("Name: " + plan.getName() + ", Description: " + plan.getDescription()
+ "\n");
   }
 }
 public void findPlan(String name) {
   for (FitnessPlan plan: plans) {
     if (plan.getName().equals(name)) {
       displayArea.append("Found plan: Name: " + plan.getName() + ", Description: " +
plan.getDescription() + "\n");
       return;
     }
   }
   displayArea.append("Plan not found: " + name + "\n");
 }
```

```
public static void main(String[] args) {
   SwingUtilities.invokeLater(new Runnable() {
      @Override
      public void run() {
       new Coach();
     }
   });
 }
}
class FitnessPlan {
  private String name;
  private String description;
  public FitnessPlan(String name, String description) {
   this.name = name;
   this.description = description;
 }
 public String getName() {
   return name;
 }
 public String getDescription() {
   return description;
 }
}
```