FlexAva	ail Application	UserDatabase	WorkoutDatabase	NutritionDatabase
-workoutD	base: UserDatabase Database: WorkoutDatabase Database: NutritionDatabase	-users: List <user></user>	-workouts: List <workout></workout>	-nutritionPlans: List <nutritionplan></nutritionplan>
+logout(): v +registerU	ername: String, password: String): boolean void Jser(user: User): boolean nfo(userld: int): UserInfo	+addUser(user: User): boolean +removeUser(userId: int): boolean	+addWorkout(workout: Workout): boolean +removeWorkout(workoutId: int): boolean	+addNutritionPlan(plan: NutritionPlan): boolean +removeNutritionPlan(planId: int): boolean