Model

User

- id:String
- stage:Stage
- routines: ArrayList<Routine>
- currentRoutine: Routine

- User()
+ User(id: String, stage: Stage)
+getRoutine(name : String):Routine
+getRoutines():ArrayList<Routine>
+insert(routine:Routine):void
+remove(routine:Routine):boolean
+remove(routine:Routine, at:int):boolean
+getId():String
+getStage:Stage
+getCurrentRoutine():Routine

Routine

- name: String
- progress : int
- steps : ArrayList<Steps>
- currentStep : Step

- Routine()
+ Routine (name : String)
+ Routine (name : String, steps : ArrayList<Step>
+ delete(index : int) : void
+ delete(step : Step) : void
+ getSteps():ArrayList<Steps>
+ next(): Step
+ previous() : Step
+ insert(Step step) : void
+ insert(Step step, int at): void
+ getCurrentStep():Step

1   has   0..n

<<interface>>
Playable

+ play():void

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has

<<enumeration>>
Stage

MILD
MODERATE
SEVERE

Step

- instruction: String

+ Step()
+ Step(instruction: String)
+ setInstruction(instruction : String): void
+ getInstruction():String

0..n

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