```
menu.Menu Abstract
- Menu Title
- Menu List

    Menu Exit

+ Menu Abstract()
+ GetMenu Title()
+ GetMenu Entry()
+ GetMenu_List()
+ SetMenu_Title()
+ AddMenu Entry()
+ SelectMenu Bool()
+ SelectMenu_Scanner()
+ SelectMenu()
+ Menu Main()
+ ClearScreen()
     menu.Fitness
   - Editor
   - Display Caloric
   - Basal Metabolic
   - FFMI
   - VO2 Max
   - RMI
   - Lifting Stats
   + Fitness()
   + SelectMenu()
```