```
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.Home
    - Track Fitness

    View Insights

    + Home()
    + SelectMenu()
    SaveProgress()
```