Class References, Object Containment and Methods

Runner's training log

- Develop a program that manages a runner's training log. Every day the runner enters one entry concerning the day's run. Each entry includes the day's date, the distance of the day's run, the duration of the run, and a comment describing the runner's post-run feeling.

- Examples:
  - on June 5, 2003: 5.3 miles in 27 minutes, feeling good;
  - on June 6, 2003: 2.8 miles in 24 minutes, feeling tired
  - on June 23, 2003: 26.2 miles in 150 minutes, feeling exhausted;

Class Diagram

Entry

- Date date
- double distance
- int duration
- String comment

Date

- int day
- int month
- int year