MINDFULNESS PROGRAM: SPECIFICATION

ACTIVITY

private string_name private string_answer private int_duration

private int_duration

Activity(name, answer, duration)
constructor
GetStartMsg(): string
GetEndMsg(): string
PauseAndShowSpinner(): void
PauseAndShowTimer(): void

BreathingActivity

private string - breatheText

BreathingActivity(name, answer,
duration, breathtext): base(name,

DisplayBreatheIn(): void DisplayBreatheOut(): void

annswer, duration)

ReflectingActivity

private List(string)_prompts
private List(string)_questions
ReflectingActivity(name, answer,
duration): base(name, answer,
duration)
GetPrompt(): string

GetQuestion(): string DisplayPrompt(): void DisplayQuestion(): void ListingActivity
private List<string>_prompts
private string_answer
private int_numberOFAnswers
ListingActivity(name, answer,
duration): base(name, answer,
duration)

GetPrompt(): string DisplayPrompt(): void GetNumberOFAnswers(): int

ILLUSTRATION

The user menu and user interactions will be handled by the Program class. The Activity class will serve as the super class and manage the properties shared by all other classes. The main menu of the program will open, displaying a list of the available activities (using the methods of Activity). Any of the derived classes will be used to continue the program after the user selects an option from the menu. The main menu will reappear after the user completes the activity.

Each class has its own set of attributes and methods. Once the desired derived class is used, those attributes and methods will be utilized. For instance, if the user chooses the ReflectingActivity, everything from the Activity class as well as the methods and attributes of the class itself will be inherited.