Review the Program Specification

- 1. What does the program do?
 - a. The program helps the user be more mindful by offering 3 mindfulness exercises:
 Breathing, Reflecting, and Listing.
- 2. What user inputs does it have?
 - a. Menu user chooses an activity
 - b. Listing user lists as many items as they can based on the prompt
- 3. What output does it produce?
 - a. After the user selects an activity, the program will take the user through their selected activity.
- 4. How does the program end?
 - a. The program ends with a message for the user. The message tells the user that they have done a good job, and then offers the name of the activity and duration of time completed.

Determine the classes

- 1. What are good candidates for classes in this program?
 - a. 3 classes: BreathingActivity, ReflectionActivity, ListingActivity.
- 2. What are the primary responsibilities of each class?
 - a. BreathingActivity: hold information for the breathing activity: display description of activity, time duration for breathing, display ending message
 - ReflectionActivity: display starting message, display random prompt, display reflecting question, time duration, pauses during reflection time with spinner, display ending message.
 - ListingActivity: display starting message, display random prompt, let user input list items for specific time duration, store user inputs, display user inputs, display ending message

Define class behaviors

- 1. What are the behaviors this class will have in order to fulfill its responsibilities? (In other words, what things should this class do?)
 - a. BreathingActivity: attributes: start activity, pacing, end activity.
 - b. ReflectionActivity: attributes: start activity, time duration, random prompt, reflection question, end activity.
 - c. ListingActivity: attributes: start activity, time duration, list items, store user inputs, display user inputs, end activity.

Define class attributes

Breathing:

- 1. What attributes does this class need to fulfill its behaviors? (In other words, what variables should this class store?)
 - a. _duration int, _frequency int, _pace int
- 2. What are the data types of these member variables?
 - a. integer
- 3. What constructors should each class have?
 - a. Public for the breathing activity, private for _duration int, _frequency int, _pace int.

Reflection:

- 1. What attributes does this class need to fulfill its behaviors? (In other words, what variables should this class store?)
 - a. duration int, frequency int, reflection str.
- 4. What are the data types of these member variables?
 - a. Integer, string
- 5. What constructors should each class have?
 - a. Public for reflection activity, private for _duration int, _frequency int, _reflection str.

Listing:

6. What attributes does this class need to fulfill its behaviors? (In other words, what variables should this class store?)

- a. _duration int, _frequency int, _item list
- 7. What are the data types of these member variables?
 - a. Integer, list
- 8. What constructors should each class have?
 - a. Public for listing activity, private for _duration int, _frequency int, _item list.

Define Constructors

- 1. What constructors should each class have?
 - In other words, what parameters should you pass in when creating an object of that type.
 - Breathing: public BreathingActivity(int duration, int frequency, int breathPace)
 - Reflection: public ReflectionActivity(int duration, int frequency, str reflection)
 - Listing: public ListingActivity(int duration, int frequency, str reflection)
- 2. What other work needs to be done to set up these objects?
 - For example, does the constructor need to run code to perform set up tasks, like creating lists, iterating through variables, etc.
 - O Breathing: timer
 - Reflection: timer, random prompt generator, display reflection question
 - O Listing: timer, create list from user input, display list