```
package jfit;
import java.time.LocalDate;
import java.time.LocalTime;
import java.util.Scanner;

public class fitScheduler {



      public static void main(String[] args) {



            int input = 1;

            LocalDate date = LocalDate.now();

            LocalTime time = LocalTime.now();

            Schedule getSchedule = new Schedule();

            setWork changeWorkout = new setWork();

            Scanner getInput = new Scanner(System.in);



            System.out.println("Welcome to FitScheduler workout
scheduler!\n");

            System.out.println("Your Weekly routine as of " + date +
"\n");

            getSchedule.getSchedule();


            while (input != 3) {

                  System.out.println("\nOption 1: Get Schedule, Option 2:
Adjust Schedule, Option 3: Enter 3 to exit.");


                  input = getInput.nextInt();


                  if (input == 1) {

                        getSchedule.getSchedule();


                  }
```

```
            if (input == 2) {

                        setWork.schedule();

                  }

            if (input == 3) {

                        input = 3;

                        System.out.println("System is Exciting. Enjoy your
workouts3!");

                  }




            }

      }
}
```

setWork Class

```
package jfit;

import java.util.Scanner;

public class setWork extends Schedule {

      // method is used to display choices to change schedule, a separate
method will be used to adjust days

      public static void schedule()  {


            //scanner object for user input
            Scanner scan = new Scanner(System.in);

            // int used to store user input
            int input = 1;

            // while loop engages to gather user input for days, or exit.
```

```
            while (input != 8)  {

            System.out.println("\nChoose day to Change\n");


            // this function calls upon the methods that modify the dates
of the Schedule using the information from the Exercises class

            System.out.println("(1) Monday (2) Tuesday (3) Wednesday (4)
Thursday (5) Friday (6) Sunday (7) Sunday (8) Exit ");

            input = scan.nextInt();


          if (input == 1)  {

                  monday();


            }



           if (input == 2)  {

                  tuesday();


            }


           if (input == 3)  {

                  wednesday();


            }


           if (input == 4)  {

                  thursday();


            }
          if (input == 5)  {

                  friday();


            }

           if (input == 6)  {
```

```
            saturday();

      }
   if (input == 7)  {
            sunday();

      }


      if (input == 8)  {
            input = 8;
            //forces the loop to end
      }


      }
}
//methods used to modify days
public static void monday()  {


      //scanner object for user input
      Scanner scan = new Scanner(System.in);
      Exercises getEx = new Exercises();
      // int used to store user input
      int input = 1;


      System.out.println("Monday Schedule\n");
      for (int i = 0; i < Monday.length; i++) {
            System.out.println(Monday[i]);

      }
```

```
            System.out.println("\n(1) Add Workout (2) Remove Workout (3)
exit\n");

            while (input != 3) {
                  input = scan.nextInt();

                  if (input == 1) {
                  getEx.getList();


                        System.out.println("\nPick Exercise 1");
                        input = scan.nextInt();
                        input = input - 1;
                        Monday[0] = getEx.exercises[input].substring(3);

                        System.out.println("\nPick Exercise 2");
                        input = scan.nextInt();
                  input = input - 1;
                        Monday[1] = getEx.exercises[input].substring(3);

                        System.out.println("\nPick Exercise 3");
                        input = scan.nextInt();
                  input = input - 1;
                        Monday[2] = getEx.exercises[input].substring(3);

                        input = 3;
                  }
                  if (input == 2) {


                        System.out.println("\nRemove Exercise 1?  Type 1
to remove");
                        input = scan.nextInt();
```

```
                    if (input == 1) {
                    Monday[0] = "Empty";
                    System.out.println("Exercise 1 removed!");
                    }
                    else { System.out.println("No Changes Made");}

                System.out.println("\nRemove Exercise 2?  Type 1 to
remove");
                    input = scan.nextInt();
                    if (input == 1) {
                    Monday[1] = "Empty";
                    System.out.println("Exercise 2 removed!");
                    }
                    else { System.out.println("No Changes Made");}

                     System.out.println("\nRemove Exercise 3?  Type 1
to remove");
                          input = scan.nextInt();
                          if (input == 1) {
                          Monday[2] = "Empty";
                          System.out.println("Exercise 3 removed!");
                          }
                          else { System.out.println("No Changes
Made");}

                    }
                    input = 3;
                 }
                 if (input == 3) {
```

```
                        input = 3;

                        }
                  }
          public static void tuesday()  {


              //scanner object for user input
              Scanner scan = new Scanner(System.in);

              Exercises getEx = new Exercises();

              // int used to store user input
              int input = 1;



              System.out.println("Tuesday Schedule\n");

              for (int i = 0; i < Tuesday.length; i++) {

                    System.out.println(Tuesday[i]);


              }

              System.out.println("\n(1) Add Workout (2) Remove Workout (3)
exit\n");


              while (input != 3) {

                    input = scan.nextInt();


                    if (input == 1) {

                    getEx.getList();


                          System.out.println("\nPick Exercise 1");

                          input = scan.nextInt();

                          input = input - 1;

                          Tuesday[0] = getEx.exercises[input].substring(3);


                          System.out.println("\nPick Exercise 2");

                          input = scan.nextInt();
```

```
                input = input - 1;
                        Tuesday[1] = getEx.exercises[input].substring(3);

                        System.out.println("\nPick Exercise 3");
                        input = scan.nextInt();
                input = input - 1;
                        Tuesday[2] = getEx.exercises[input].substring(3);

                        input = 3;
                 }
                 if (input == 2) {

                        System.out.println("\nRemove Exercise 1?  Type 1
to remove");
                        input = scan.nextInt();
                        if (input == 1) {
                        Tuesday[0] = "Empty";
                        System.out.println("Exercise 1 removed!");
                        }
                        else { System.out.println("No Changes Made");}

                System.out.println("\nRemove Exercise 2?  Type 1 to
remove");
                        input = scan.nextInt();
                        if (input == 1) {
                        Tuesday[1] = "Empty";
                        System.out.println("Exercise 2 removed!");
                        }
                        else { System.out.println("No Changes Made");}
```

```
                        System.out.println("\nRemove Exercise 3?  Type 1
to remove");

                              input = scan.nextInt();

                              if (input == 1) {

                              Tuesday[2] = "Empty";

                              System.out.println("Exercise 3 removed!");

                              }

                              else { System.out.println("No Changes
Made");}


                        }

                        input = 3;

                  }

                  if (input == 3) {

                        input = 3;

                        }
                 }
        public static void wednesday()  {



            //scanner object for user input
            Scanner scan = new Scanner(System.in);

            Exercises getEx = new Exercises();

            // int used to store user input
            int input = 1;



            System.out.println("Wednesday Schedule\n");

            for (int i = 0; i < Wednesday.length; i++) {

                  System.out.println(Wednesday[i]);


            }
```

```
            System.out.println("\n(1) Add Workout (2) Remove Workout (3)
exit\n");

            while (input != 3) {
                  input = scan.nextInt();

                  if (input == 1) {
                  getEx.getList();

                        System.out.println("\nPick Exercise 1");
                        input = scan.nextInt();
                        input = input - 1;
                        Wednesday[0] =
getEx.exercises[input].substring(3);

                        System.out.println("\nPick Exercise 2");
                        input = scan.nextInt();
                     input = input - 1;
                     Wednesday[1] = getEx.exercises[input].substring(3);

                        System.out.println("\nPick Exercise 3");
                        input = scan.nextInt();
                     input = input - 1;
                     Wednesday[2] = getEx.exercises[input].substring(3);

                        input = 3;
                  }
                  if (input == 2) {

                        System.out.println("\nRemove Exercise 1?  Type 1
to remove");
                        input = scan.nextInt();
```

```
                    if (input == 1) {
                    Wednesday[0] = "Empty";
                    System.out.println("Exercise 1 removed!");
                    }
                    else { System.out.println("No Changes Made");}

                  System.out.println("\nRemove Exercise 2?  Type 1 to
remove");
                    input = scan.nextInt();
                    if (input == 1) {
                    Wednesday[1] = "Empty";
                    System.out.println("Exercise 2 removed!");
                    }
                    else { System.out.println("No Changes Made");}

                     System.out.println("\nRemove Exercise 3?  Type 1
to remove");
                          input = scan.nextInt();
                          if (input == 1) {
                          Wednesday[2] = "Empty";
                          System.out.println("Exercise 3 removed!");
                          }
                          else { System.out.println("No Changes
Made");}

                    }
                    input = 3;
               }
               if (input == 3) {
```

```
                input = 3;

                }
            }

        public static void thursday()  {



        //scanner object for user input
        Scanner scan = new Scanner(System.in);

        Exercises getEx = new Exercises();

        // int used to store user input
        int input = 1;



        System.out.println("Thursday Schedule\n");

        for (int i = 0; i < Thursday.length; i++) {

              System.out.println(Thursday[i]);


        }

        System.out.println("\n(1) Add Workout (2) Remove Workout (3)
exit\n");


        while (input != 3) {

              input = scan.nextInt();


              if (input == 1) {

              getEx.getList();


                    System.out.println("\nPick Exercise 1");

                    input = scan.nextInt();

                    input = input - 1;

                    Thursday[0] = getEx.exercises[input].substring(3);


                    System.out.println("\nPick Exercise 2");
```

```
                    input = scan.nextInt();
                input = input - 1;
                    Thursday[1] = getEx.exercises[input].substring(3);

                    System.out.println("\nPick Exercise 3");
                    input = scan.nextInt();
                input = input - 1;
                    Thursday[2] = getEx.exercises[input].substring(3);

                    input = 3;
            }
            if (input == 2) {

                    System.out.println("\nRemove Exercise 1?  Type 1
to remove");
                    input = scan.nextInt();
                    if (input == 1) {
                    Thursday[0] = "Empty";
                    System.out.println("Exercise 1 removed!");
                    }
                    else { System.out.println("No Changes Made");}

                System.out.println("\nRemove Exercise 2?  Type 1 to
remove");
                    input = scan.nextInt();
                    if (input == 1) {
                    Thursday[1] = "Empty";
                    System.out.println("Exercise 2 removed!");
                    }
```

```
                        else { System.out.println("No Changes Made");}

                         System.out.println("\nRemove Exercise 3?  Type 1
to remove");
                              input = scan.nextInt();
                              if (input == 1) {
                              Thursday[2] = "Empty";
                              System.out.println("Exercise 3 removed!");
                              }
                              else { System.out.println("No Changes
Made");}

                        }
                        input = 3;
                  }
                  if (input == 3) {
                        input = 3;
                        }
                 }
            public static void friday()  {


                  //scanner object for user input
                  Scanner scan = new Scanner(System.in);
                  Exercises getEx = new Exercises();
                  // int used to store user input
                  int input = 1;


                  System.out.println("Friday Schedule\n");
                  for (int i = 0; i < Friday.length; i++) {
                        System.out.println(Friday[i]);
```

```
                }
                System.out.println("\n(1) Add Workout (2) Remove Workout
(3) exit\n");

                while (input != 3) {
                      input = scan.nextInt();

                      if (input == 1) {
                      getEx.getList();


                            System.out.println("\nPick Exercise 1");
                            input = scan.nextInt();
                            input = input - 1;
                            Friday[0] =
getEx.exercises[input].substring(3);

                            System.out.println("\nPick Exercise 2");
                            input = scan.nextInt();
                       input = input - 1;
                            Friday[1] =
getEx.exercises[input].substring(3);

                            System.out.println("\nPick Exercise 3");
                            input = scan.nextInt();
                       input = input - 1;
                            Friday[2] =
getEx.exercises[input].substring(3);

                            input = 3;
                      }
                      if (input == 2) {
```

```
                    System.out.println("\nRemove Exercise 1?
Type 1 to remove");
                    input = scan.nextInt();
                    if (input == 1) {
                    Friday[0] = "Empty";
                    System.out.println("Exercise 1 removed!");
                    }
                    else { System.out.println("No Changes
Made");}

                System.out.println("\nRemove Exercise 2?  Type 1
to remove");
                    input = scan.nextInt();
                    if (input == 1) {
                    Friday[1] = "Empty";
                    System.out.println("Exercise 2 removed!");
                    }
                    else { System.out.println("No Changes
Made");}

                     System.out.println("\nRemove Exercise 3?
Type 1 to remove");
                          input = scan.nextInt();
                          if (input == 1) {
                          Friday[2] = "Empty";
                          System.out.println("Exercise 3
removed!");
                          }
                          else { System.out.println("No Changes
Made");}

                    }
```

```
                        input = 3;

                    }

                    if (input == 3) {

                        input = 3;

                        }
                    }

            public static void saturday()  {



                    //scanner object for user input
                    Scanner scan = new Scanner(System.in);

                    Exercises getEx = new Exercises();

                    // int used to store user input
                    int input = 1;



                    System.out.println("Sunday Schedule\n");

                    for (int i = 0; i < Sunday.length; i++) {

                        System.out.println(Sunday[i]);


                    }

                    System.out.println("\n(1) Add Workout (2) Remove Workout
(3) exit\n");


                    while (input != 3) {

                        input = scan.nextInt();


                        if (input == 1) {

                        getEx.getList();


                            System.out.println("\nPick Exercise 1");

                            input = scan.nextInt();
```

```
                              input = input - 1;

                              Sunday[0] =
getEx.exercises[input].substring(3);


                              System.out.println("\nPick Exercise 2");

                              input = scan.nextInt();

                         input = input - 1;

                              Sunday[1] =
getEx.exercises[input].substring(3);


                              System.out.println("\nPick Exercise 3");

                              input = scan.nextInt();

                         input = input - 1;

                              Sunday[2] =
getEx.exercises[input].substring(3);


                              input = 3;
                        }

                        if (input == 2) {


                              System.out.println("\nRemove Exercise 1?
Type 1 to remove");

                              input = scan.nextInt();

                              if (input == 1) {

                              Sunday[0] = "Empty";

                              System.out.println("Exercise 1 removed!");

                              }

                              else { System.out.println("No Changes
Made");}


                         System.out.println("\nRemove Exercise 2?  Type 1
to remove");
```

```
                        input = scan.nextInt();
                        if (input == 1) {
                        Sunday[1] = "Empty";
                        System.out.println("Exercise 2 removed!");
                        }
                        else { System.out.println("No Changes
Made");}

                         System.out.println("\nRemove Exercise 3?
Type 1 to remove");
                              input = scan.nextInt();
                              if (input == 1) {
                              Sunday[2] = "Empty";
                              System.out.println("Exercise 3
removed!");
                              }
                              else { System.out.println("No Changes
Made");}

                        }
                        input = 3;
                    }
                    if (input == 3) {
                        input = 3;
                        }
                   }

              public static void sunday()  {


               //scanner object for user input
               Scanner scan = new Scanner(System.in);
```

```
                Exercises getEx = new Exercises();

                // int used to store user input
                int input = 1;


                System.out.println("Sunday Schedule\n");

                for (int i = 0; i < Sunday.length; i++) {

                      System.out.println(Sunday[i]);


                }

                System.out.println("\n(1) Add Workout (2) Remove Workout
(3) exit\n");


                while (input != 3) {

                      input = scan.nextInt();


                      if (input == 1) {

                      getEx.getList();


                            System.out.println("\nPick Exercise 1");

                            input = scan.nextInt();

                            input = input - 1;

                            Sunday[0] =
getEx.exercises[input].substring(3);


                            System.out.println("\nPick Exercise 2");

                            input = scan.nextInt();

                       input = input - 1;

                            Sunday[1] =
getEx.exercises[input].substring(3);


                            System.out.println("\nPick Exercise 3");
```

```
                    input = scan.nextInt();

                input = input - 1;

                    Sunday[2] =
getEx.exercises[input].substring(3);


                    input = 3;
                }

                if (input == 2) {


                    System.out.println("\nRemove Exercise 1?
Type 1 to remove");

                    input = scan.nextInt();

                    if (input == 1) {

                    Sunday[0] = "Empty";

                    System.out.println("Exercise 1 removed!");

                    }

                    else { System.out.println("No Changes
Made");}


                 System.out.println("\nRemove Exercise 2?  Type 1
to remove");

                    input = scan.nextInt();

                    if (input == 1) {

                    Sunday[1] = "Empty";

                    System.out.println("Exercise 2 removed!");

                    }

                    else { System.out.println("No Changes
Made");}


                     System.out.println("\nRemove Exercise 3?
Type 1 to remove");

                        input = scan.nextInt();
```

```
                                    if (input == 1) {
                                    Sunday[2] = "Empty";

                                    System.out.println("Exercise 3
removed!");
                                    }
                                    else { System.out.println("No Changes
Made");}

                              }
                              input = 3;
                        }
                        if (input == 3) {
                              input = 3;
                              }
                  }




}
```

Exercises Class

```
package jfit;

public class Exercises   {

      // Execises Array that stores a list of exercises.

      static String[] exercises = {"1. Bench Press", "2. Tricep
Pulldown", "3. Dips", "4. Deadlift", "5. Bicep Curls", "6. Shoulder
Press"
                  ,"7. Squat", "8. Leg Press", "9. Leg Curls", "10.Seated
Leg Extensions", "11. Running", "12. Cycling","13. Jump Rope","14.
Swimming","   "};
```

```
	// prints list of available exercises
	public static void getList() {

		System.out.println("Upper Body\n");
		for (int i = 0; i <= 5; i++) {
			System.out.println(exercises[i]);

		}

	  System.out.println("\nLower Body\n");
		for (int i = 6; i <= 9; i++) {
			System.out.println(exercises[i]);

		}
	  System.out.println("\nCardio\n");
		for (int i = 10; i <= 13; i++) {
			System.out.println(exercises[i]);

		}
		System.out.println("15. Do not assign");


	}

}
```

Schedule Class

```
package jfit;

public class Schedule {

	static String[] Monday = {"Empty", "Empty", "Empty"};
	static String[] Tuesday = {"Empty", "Empty", "Empty"};
	static String[] Wednesday = {"Empty", "Empty", "Empty"};
	static String[] Thursday = {"Empty", "Empty", "Empty"};
	static String[] Friday = {"Empty", "Empty", "Empty"};
	static String[] Saturday = {"Empty", "Empty", "Empty"};
	static String[] Sunday = {"Off", "", ""};



	public void getSchedule() {


		System.out.println("Monday\n");

		for (int i = 0; i < Monday.length; i++) {

			System.out.println(Monday[i]);


		}

		System.out.println("\nTuesday\n");


	  for (int i = 0; i < Tuesday.length; i++) {

			System.out.println(Tuesday[i]);


		}

	  System.out.println("\nWednesday\n");


	  for (int i = 0; i < Wednesday.length; i++) {

			System.out.println(Wednesday[i]);


		}

	  System.out.println("\nThursday\n");

	  for (int i = 0; i < Thursday.length; i++) {

			System.out.println(Thursday[i]);
```

```
            }
        System.out.println("\nFriday\n");

        for (int i = 0; i < Friday.length; i++) {
                System.out.println(Friday[i]);

            }
        System.out.println("\nSaturday\n");
        for (int i = 0; i < Saturday.length; i++) {
                System.out.println(Saturday[i]);

            }
        System.out.println("\nSunday\n");
        for (int i = 0; i < Saturday.length; i++) {
                System.out.println(Sunday[i]);

            }


    }

}
```