A screenshot of a computer

Description automatically generated

The purpose of this program is to give people a place to reflect and unwind. There is a main activity class that holds all the main functions such as displaying messages and creating timers that can be used in the other classes. It also holds the name, description, and duration of the activity which is then inherited by each of the specific activities (breathing, reflecting, and listing). Each of the 3 specific activity classes will start by displaying a start and end message (retrieved from the main activity class.) The breathing activity uses name and description but creates its own durations for the amount of time you are breathing in and the amount of time you are breathing out. The reflecting activity retrieves name, description, and duration, showing you what the activity is and how long it will run. This class holds lists of prompts and questions that may be randomly selected from and displayed to the user. It will show a spinner, allowing the user time to reflect, before moving on to the next question. Lastly, the listing activity retrieves the name, description, and duration from the main activity class (again, showing you what the activity is and how long it will run). This activity will get and display a random prompt selected from a list. Once the prompt is displayed, it will give you an allotted amount of time to create a list of entries, after which, it will display how many entries you entered.