# Fitness Tracker Application

The Fitness Tracker Application provides the means to store and view records of your fitness activities. Activities include walking, running, cycling, resistance training (e.g. weights in a gym) and swimming. You can assume that the data logging during the activity is taken care of elsewhere, but what your application needs to do is store the summary information about those sessions.

From the stored summary data, you should be able to generate the following reports:

* Individual summary report for any specific activity
* Calories burnt across all activities
* Total time spent across all activities
* Total time spent undertaking the individual activities
* Total distance travelled for
  + walking
  + running
  + cycling
  + swimming
* Total step count

All but the individual summary report can be configured to provide information for a particular day or across a particular weekly or monthly period (which is useful when tracking your activity over time).

Within each type of exercise, typical and appropriate summary data should be recorded (which you will need to think about, but I'll talk about the running activity in class as an example when this task is introduced). Calories however are determined using something of a scientific formula typically based on age, weight, heart rate and type of activity. The actual formulas are not important in this context, but the dependencies are.

Remember, you don't need to implement this system, just use the scenario to help demonstrate your understanding of object-oriented concepts and principles. So for example, if you were to write an object-oriented application for this this scenario, how would encapsulation help with the development and what might that look like and include?