**Log Abstract class**

Date

time

**Following are the derived classes:**

**Food class**

item\_name

item\_Quantity

foodlog()

**Water** **class**

Water\_quantity

waterlog()

**PhysicalActivity class**

activity\_name

Activity\_notes

Activity\_endtime

activitylog()

**Weight class**

Fat

Weight

weightlog()

**Sleep class**

Sleep\_endtime

sleeplog()

**Fitbyte class**

summary()