

**Table 13.1 - <<Interface>> Activity**

<b>Name</b>	<i>Activity</i>
<b>Base Class</b>	
<b>Purpose</b>	<i>Helps to receive workout activities</i>
<b>States</b>	<i>Empty or full.</i>
<b>Constructors</b>	<i>Default: empty workout value.</i> <i>New contains workout values.</i>
<b>Operators Mutators</b>	
<b>Accessors</b>	getQuantity() getName() getDescription() getNumberPerWeek()
<b>Fields</b>	<i>void</i>

**Table 14.1 – Activity::getQuantity**

<b>Quantity</b>	Activity::getQuantity()
<b>Purpose</b>	<i>To get the User Workout quantities from the user</i>
<b>Receives</b>	<i>The User Session receives the workout quantities from the Workout base class.</i>
<b>Returns</b>	<i>INT if there is a quantity False if there is no quantity</i>
<b>Remarks</b>	<i>Gets the Workout quantity</i>

**Table 14.2 – Activity::getName**

<b>Workout Name</b>	Workout::getName()
<b>Purpose</b>	<i>To Get the Workout names from the Workout</i>
<b>Receives</b>	<i>The Workout name is received as a String from the workout base class</i>
<b>Returns</b>	<i>The Workout name as String</i>
<b>Remarks</b>	<i>Gets the workout Name</i>

**Table 14.3 – Activity::getDescription**

<b>Description</b>	Workout::getDescription()
<b>Purpose</b>	<i>Gets the Description of the Workout</i>
<b>Receives</b>	<i>Void</i>
<b>Returns</b>	<i>String</i>
<b>Remarks</b>	<i>Gets the Workout Description.</i>

**Table 14.4 – Activity::getNumberPerWeek**

<b>Number of Weeks</b>	Workout::getNumberPerWeek()
<b>Purpose</b>	<i>Gets the number of week</i>
<b>Receives</b>	<i>Void</i>
<b>Returns</b>	<i>Integer</i>
<b>Remarks</b>	<i>Gets the number of Weeks for workouts.</i>