

Table 11.1 - Workout

Name	<i>Workout</i>
Base Class(es)	
Purpose	<i>Helps to receive workout information</i>
States	<i>Empty or full.</i>
Constructors	<i>Default: empty workout</i> <i>New: contains workout information</i>
Operators Mutators	None
Accessors	getStartDate() getNumberOfWeeks getActivities()
Fields	<i>startDate</i> <i>numberOfWeeks</i> <i>activities</i>

Table 12.1 – Workout::getStartDate

Start Date	Workout::getStartDate()
Purpose	<i>Gets the Start date for the workout</i>
Receives	<i>Void</i>
Returns	<i>Integer</i>
Remarks	<i>Gives back the workout week</i>

Table 12.2 – Workout::getNumberOfWeeks

Number of Weeks	Workout::getNumberOfWeeks()
Purpose	<i>Gets the number of weeks for workout</i>
Receives	<i>None</i>
Returns	<i>Integer</i>
Remarks	<i>Gets the number of weeks the workout is going to be made.</i>

Table 12.3 – Workout::getActivities

Activities	Workout::getActivities()
Purpose	<i>Gets the type of Workout Activities</i>
Receives	<i>Void</i>
Returns	<i>Activities</i>
Remarks	<i>Gives the type of Activities the user wants to follow.</i>