Program Flow:

When the program starts, 3 options of exercise are displayed: Breathing, Listing and Reflection

When the user types 1, the breathing exercise will be displayed, asking the user how may time, in seconds, he/she wants to spend in the exercise, then, some instructions about breathe in and breathe out will be displayed

When the user types 2, the listing exercise will be displayed, asking the user how many time he/she wants to spend in the exercise, then, a random prompt will be displayed for the user answer, and after the user answer it, a message will appear asking if the user wants to save the answer in a file

When the user types 3, the reflection exercise will be displayed, asking the user how many time he/she wants to spend in the exercise, then, a random prompt will be displayed in the screen, asking the user to think about a specific time, then, some follow-up questions will be displayed to the user think about.

When the user types 4, the program ends, displaying a good bye message

