FitnessTracker main() User + name: String + age: Int + height: Double + weight: Double + restingHeartRate: Int + tracker: Tracker + addTracker(tracker: Tracker): Unit + removeTracker(tracker: Tracker): Unit + updateAge(age: Int): Unit + updateHeight(height: Double): Unit + updateWeight(weight: Double): Unit + updateRestingHeartRate(heartRate: Int): Unit Tracker + workouts: List [Workout] + addWorkout(workout: Workout): Unit + weeklyProgress(): Unit + monthlyProgress(): Unit + bestWorkouts(): Unit Workout + date: Date + exercises: List [Exercise] + addExercise(exercise: Exercise): Unit + totalReps(): Unit + totalDistance(): Unit + totalDuration(): Unit + avgHeartRate(): Unit + totalWeightMoved(): Unit **Exercise** + name: String + exerciseType: ExerciseType + weightUsed: Int + repetitions: Int + sets: Int + distance: Int + duration: String + activeHeartRate: Int ExerciseType (Enum) + strength + endurance + cardio