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CS-172

Project requirements

Consumers need a program that will provide an exercise plan for the week customized for them. The exercise plan should provide a series of exercises for each day of the week, based on the consumers’ information.

I’ll need to create a text file for strength training exercises on your own and another text file for strength training exercises at the gym. I’ll also need to create a text file for cardio exercises on your own, and another text file for cardio exercises at the gym. I will need three classes. One for the gym exercise plan, one for the at home exercise plan and one for the user. I am assuming the user is working out without a partner and that people will account for their age when they choose their fitness level.

UML Diagram

Class HomeExerciseP

Properties:

Vector<string> Homeworkoutc;

Vector<string> Homeworkouts;

Vector<string> weekday;

Vector<double> timeDay;

Vector<int> reps;

Behaviors:

Void assignWorkout();

Void assignWeekday();

Void calculateReps();

UML Diagram

Class GymExerciseP

Properties:

Vector<string>Gymworkoutc;

Vector<string>Gymworkouts;

Vector<string>weekday;

Vector<double>timeDay;

Behaviors:

Void assignGymWorkoutc();

Void assignGymWorkouts();

Void assignWeekday();

UML Diagram

Class User

Properties:

String name;

Char gender;

String skill;

Char gym;

Int time;

Behaviors:

String getName();

Char getGender();

String getskill();

Char getGym;

int getTime();