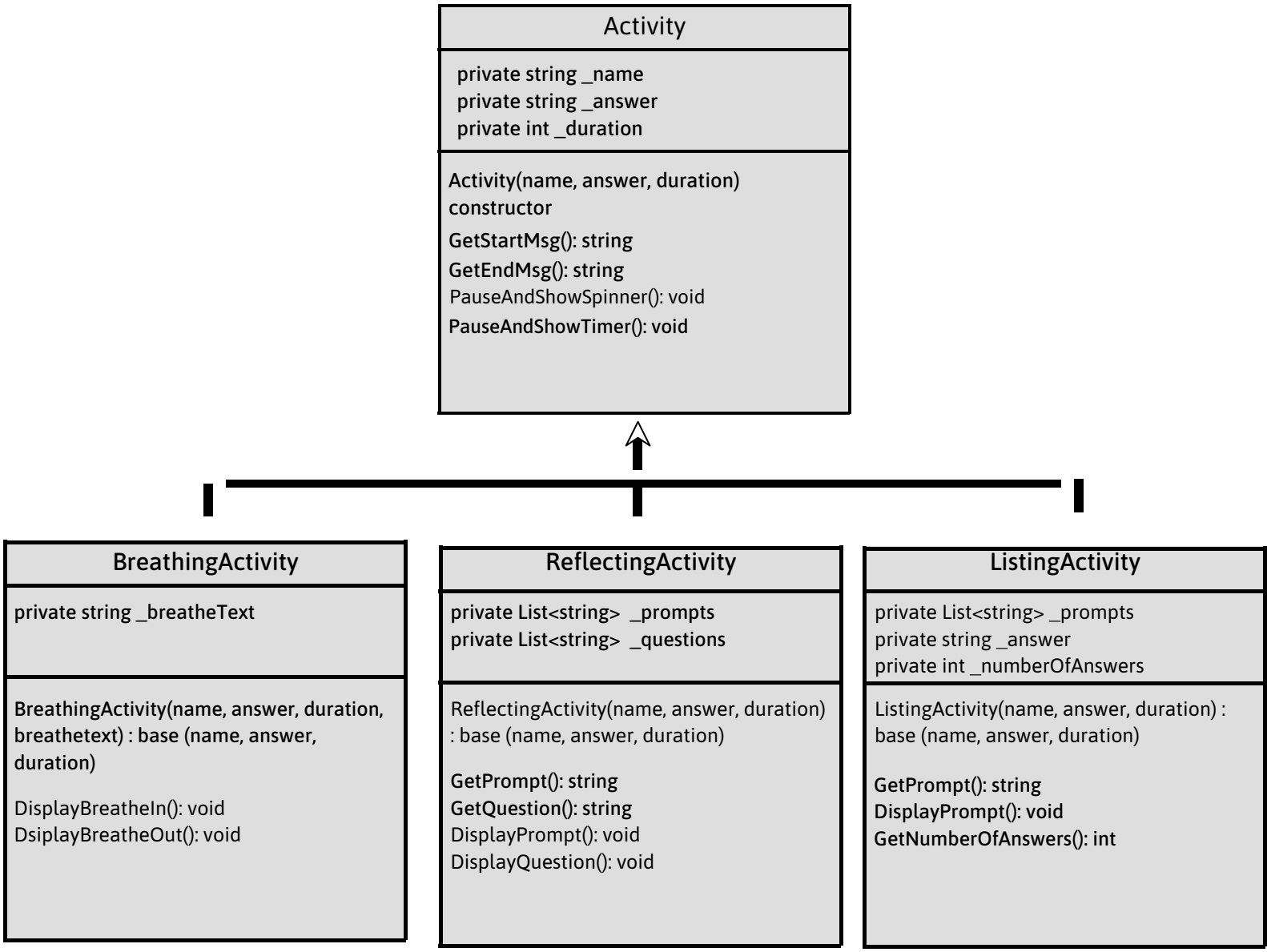
MINDFULNESS PROGRAM: DESIGN



DESCRIPTION

The user menu and user interactions will be handled by the Program class. The Activity class will serve as the super class and manage the properties shared by all other classes.
The main menu of the program will open, displaying a list of the available activities (using the methods of Activity). Any of the derived classes will be used to continue the program after the user selects an option from the menu.
The main menu will reappear after the user completes the activity.

Each class has its own set of attributes and methods. Once the desired derived class is used, those attributes and methods will be utilized. For instance, if the user chooses the ReflectingActivity, everything from the Activity class as well as the methods and attributes of the class itself will be inherited.