MainProgram

- _menuSelection : string
- +RunMenu()

Activity

- #_activityName: string
- # _activityDescription : string
- # _duration : int
- # _durationPrompt : string
- # _endMessage : string
- +Activity(name, description, duration):: void
- +SetName(name):: void
- +SetDescription(description)::void
- +displayStartingMessage()::void
- +GetEndingMessage()::string
- +displayEndingMessage()::void
- +spinnerPause():: void
- +countdownTimer():: void

ReflectingActivity

- _promptList: list<string>
- _questionList : list<string>
- _promptResponse : string
- _currentQuestion : int
- ..
- +ReflectingActivity()::void
- +ReflectingActivity(duration):: void
- +ReflectingActivity(duration, customPromptList):: void
- +RunActivity()::void
- +GetRandomPrompt()::string
- +DisplayPrompt()::void
- +RunQandA()::void
- -RandomizeQuestions()::void
- -GetNextQuestion()::string
- -GetAnswer(string):: void

ListeningActivity

- _promptList : list<string>
- _responseList : list<string>
- +ListeningActivity()::void
- +ListeningActivity(duration):: void
- +ListeningActivity(duration, customPromptList):: void
- +RunActivity():: void

BreathingActivity

- $_$ breatheInTime : int
- _breatheOutTime : int
- +BreathingActivity()::void
- +BreathingActivity(duration)::void
- +BreathingActivity(duration, breatheInTime, breatheOutTime)
- +RunActivity()::void