

MindfulnessActivity

This base class holds shared data like `_name`, `_description`, and `_duration`. It provides methods to display messages, get input, and run a spinner. Each activity inherits from this and overrides `RunActivity()` to define its specific behavior.

BreathingActivity

Inherits from `MindfulnessActivity` and guides the user through a timed breathing pattern. It overrides `RunActivity()` to alternate between inhale and exhale prompts. No extra data is needed beyond what's inherited.

ReflectionActivity

Adds two lists: `_prompts` and `_questions`. Its `RunActivity()` shows a reflective prompt and cycles through follow-up questions. It uses the base methods for timing and structure.

ListingActivity

Adds a `_prompts` list. In `RunActivity()`, it displays a random prompt and collects user responses for the set duration. It inherits message and timing functions from the base.

Program

Handles the menu, user input, and activity selection. It creates the appropriate activity and calls its `RunActivity()` method, repeating until the user exits.