Here are the password requirements in plain English:

- The password must be at least 8 characters long

- The password must contain at least one digit (0-9)

- The password must contain at least one special character (such as !, @, #, $, etc.)

The test code implements automated checks for these requirements by:

1. Checking the length using len()

2. Using a regex to check for a digit

3. Using a regex to check for a special character

It prints custom failure messages for each check that fails, and "Passed" if all checks pass.

It runs tests on various password examples, demonstrating failing and passing scenarios.

This covers the core validation criteria and automated checks for the password requirements, without including any of the original code.