LiftLog test procedure

* View Sessions
  + Add: Date Dialog: correctly assigns date
  + Edit: highlights correctly, loads correct session
  + Back/Home navigation
  + Multiple: correctly sequences “(1), (2)…”, loads correct one
  + List View: grouped by “MMMM, yyyy”, sorted desc
  + Default empty message
* View Session
  + Add: launches view lift
  + Edit: highlights correctly, loads correct lift
  + Delete: deletes session with confirm prompt
  + Back/Home navigation
  + Increment button
  + List View: grouped by Exercise, sorted by name, “?” last
  + Default empty message
* View Lift
  + Save
  + Cancel
  + Delete: deletes lift with confirm prompt
  + Overflow Option: View History
* View Exercises
  + Add Category
  + Add Exercise
  + Edit Category: correctly updates
  + Edit Exercise: correctly highlights, correctly updates
  + Change Exercise Category
  + Delete Exercise
  + Delete Category
  + List View: grouped by Category, sorted with “uncategorized” last
* Tools
  + View Exercise History navigation
  + 1-Rep Max Calculator navigation
  + Find Personal Best navigation
  + Data backup navigation
* ViewHistory
  + From View Lift: display correct exercise data
  + From Tools: prompts for exercise selection
  + Default empty message
  + List View: grouped by day, sorted by date descending
* 1RM Calculator
  + Test bad inputs
  + Test a calculation
* Find Personal Best
  + Test no input
  + Test a search for lift that doesn’t exit
  + Test and verify a search for a lift that does exist
* Data Backup
  + Create
  + Restore
  + Delete
* Other
  + Test the addition of default exercises when exercise table is empty and first execute