

Test Cases

1. Profile screen

With Profile screen, users are able to see their activities, a calendar, workouts sum, resources like recipe and exercise library, user's fitness plan and user's target values like target weight and target calories.

C1: Check user fitness plan

Type	Priority	Estimate	References
Usability	Critical	1 minute	None
Automation Type			None

Preconditions

User Profile is already created with the goal to be achieved.
User must be on the profile screen.

Steps

Step	Expected Result
1 Scroll the page to the end	"My fitness plan" and "modify" should be visible.
2 Check that the following information is visible:	Goal: Exercise: Initial weight: Body type: Initial body fat: Target body fat: Obs: The information must match what was selected when creating the profile.

14:31



Profile



8fit guides >

Exercise library >

Recipe book >

My fitness plan

Modify

- Goal: Gain muscle mass
- Exercise: 3-5 times a week
- Initial weight: 57.9 Kg
- Body type: Average
- Initial body fat: 22 - 27%
- Target body fat: 17 - 22%

My target values

54.3 Kg

TARGET WEIGHT

2349

TARGET CALORIES



Today



Workouts



Meals



Profile

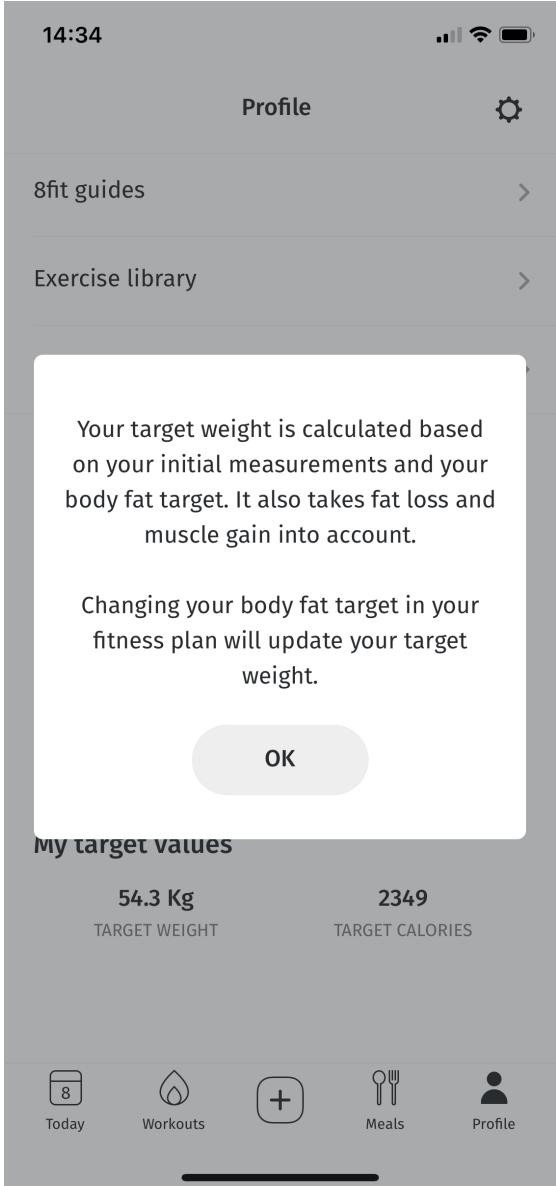
C2: Check user target values

Type	Priority	Estimate	References
Usability	Critical	1 minute	None
Automation Type			
None			

Preconditions

User Profile is already created with the goal to be achieved.
User must be on the profile screen.

Steps

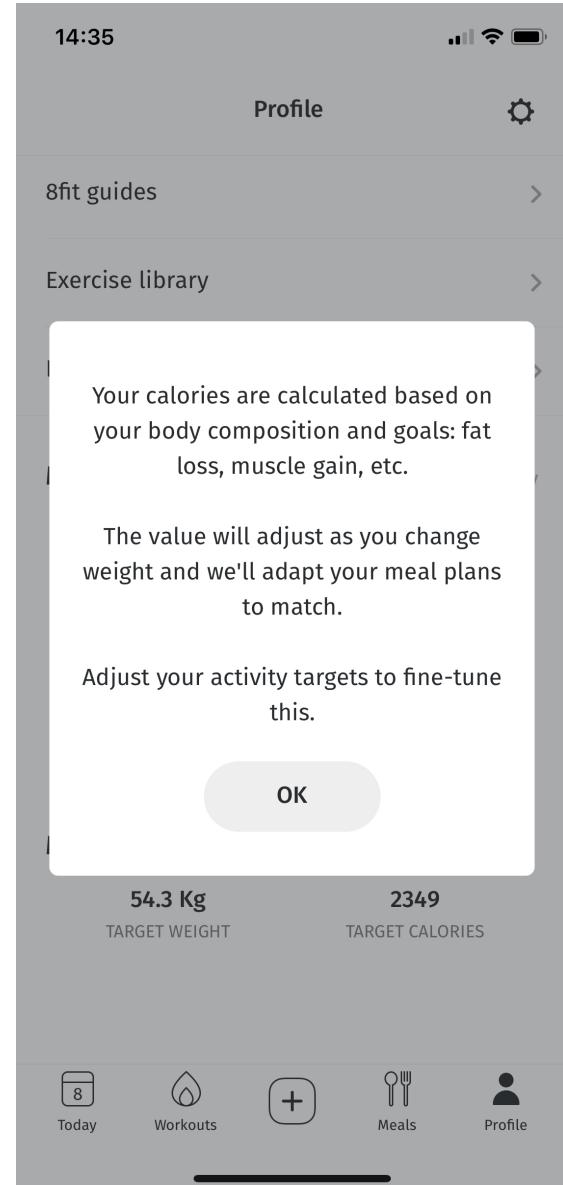
Step	Expected Result
1 Scroll to the bottom of the page	"My target values" with Target weight and Target calories must be visible.
2 Tap "Target weight".	A window opens with information about the target weight.
	

- 3 Close the window by clicking "ok".

The window is closed and the Profile screen is displayed.

- 4 Tap "Target calories".

A window opens with information about the target calories.



5

Close the window by clicking "ok".

The window is closed and the Profile screen is displayed.

C3: Check the calendar

Type	Priority	Estimate	References
Functional	Medium	1 minute	None
Automation Type			
None			

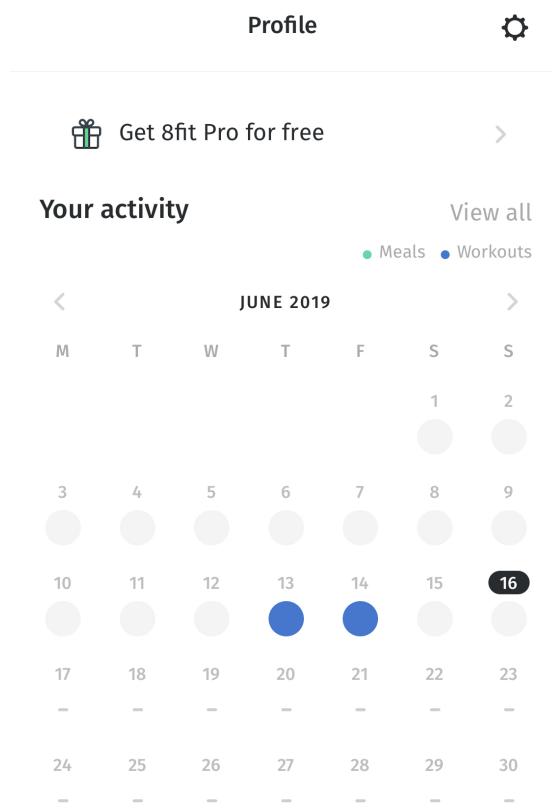
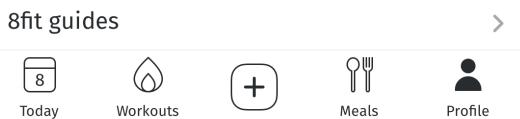
Preconditions

User Profile is already created with the goal to be achieved.
User must be on the profile screen.

Steps

Step	Expected Result
1 Check that the following information is visible:	"Your activity", "View all" and calendar are visible. The current month and date are selected by default.

14:40

**Resources**

2 Tap the left arrow.

The previous month is displayed.

3 Tap the right arrow.

The next month is displayed.

4 Tap "View All".

All months of the current year are displayed.

14:38



2019

JUNE

						1	2
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
-	-	-	-	-	-	-	-
24	25	26	27	28	29	30	
-	-	-	-	-	-	-	-

JULY

1	2	3	4	5	6	7
-	-	-	-	-	-	-
8	9	10	11	12	13	14
-	-	-	-	-	-	-
15	16	17	18	19	20	21
-	-	-	-	-	-	-
22	23	24	25	26	27	28
-	-	-	-	-	-	-

5

Tap the arrow at the top of the screen.

Profile screen is displayed.

C4: Check the workout record

Type	Priority	Estimate	References
Functional	Medium	1 minute	None
Automation Type			
None			

Preconditions

User Profile is already created with the goal to be achieved.

User must be on the profile screen.

User must have complete at least one workout. (#Livia note: Here I would add a link to the test case "complete a workout").

Steps

Step	Expected Result
1 Check that the following information is visible:	The "Workouts" information below the user name must be visible. The sum of the completed exercises should be visible.
2 Check the sum of the exercises in the calendar.	On each day the user completed a workout, a blue ball should be displayed. The number of blue balls should be the same in "workouts". Obs. Check also in "View all"

14:43



Lívia Bonifácio Leitao

2 Workouts +1.1 Kg Weight

Get 8fit Pro for free >

Your activity

View all

Meals Workouts

JUNE 2019						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Today Workouts + Meals Profile

C6: Change the Goal

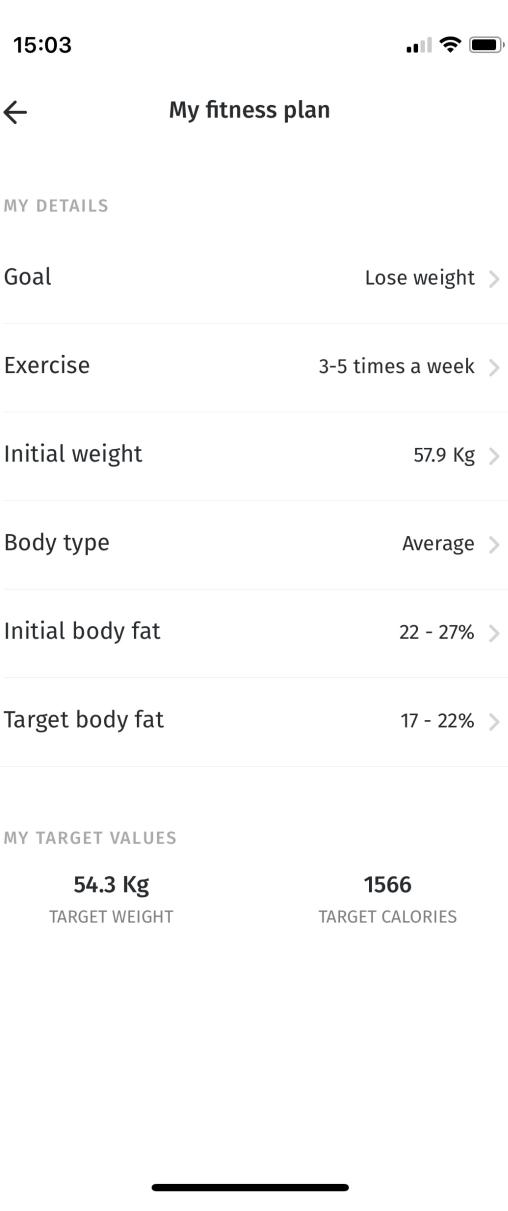
Type	Priority	Estimate	References
Functional	Critical	1 minute	None
Automation Type			
None			

Preconditions

C1 Check user fitness plan.

Steps

Step	Expected Result
1 Tap "Modify".	"My fitness plan" screen is displayed. "My details" must be visible. "My target values" must be visible.
2 Tap "Goal".	The "Goal" screen opens. Lose weight, Get fitter and Gain muscle must be visible.



The screenshot shows the 'My fitness plan' screen. At the top, there's a timestamp (15:03), signal strength, and battery level icons. Below that, a back arrow and the title 'My fitness plan'. The screen is divided into two main sections: 'MY DETAILS' and 'MY TARGET VALUES'.

MY DETAILS:

- Goal: Lose weight >
- Exercise: 3-5 times a week >
- Initial weight: 57.9 Kg >
- Body type: Average >
- Initial body fat: 22 - 27% >
- Target body fat: 17 - 22% >

MY TARGET VALUES:

- 54.3 Kg (TARGET WEIGHT)
- 1566 (TARGET CALORIES)

15:04



Goal

Lose weight



Get fitter

Gain muscle

-
- 3 Change the goal and back to "My fitness plan" screen.
For example: Lose weight for Gain muscle.
- 4 Back to Profile screen.
- The "Goal" should be the same as previously selected.
The "goal" is now "Gain Muscle Mass," and the "Target Calories" in "My Target Values" have changed.
Note: For this example, the "target calories" have increased.

15:05



Profile



8fit guides >

Exercise library >

Recipe book >

My fitness plan

Modify

- Goal: Gain muscle mass
- Exercise: 3-5 times a week
- Initial weight: 57.9 Kg
- Body type: Average
- Initial body fat: 22 - 27%
- Target body fat: 17 - 22%

My target values

54.3 Kg

TARGET WEIGHT

2349

TARGET CALORIES



Today



Workouts



Meals



Profile

C7: Check Recipe book resource

Type	Priority	Estimate	References
Usability	Low	1 minute	None
Automation Type			

Preconditions

User Profile is already created with the goal to be achieved.
User must be on the profile screen.

Steps

Step	Expected Result
1 Scroll to the middle of the page.	"Resources" with Recipe book must be visible.
2 Tap "Recipe book".	Some recipes should be visible. (Livia note: I'm not a member, I can not see what this page looks like).

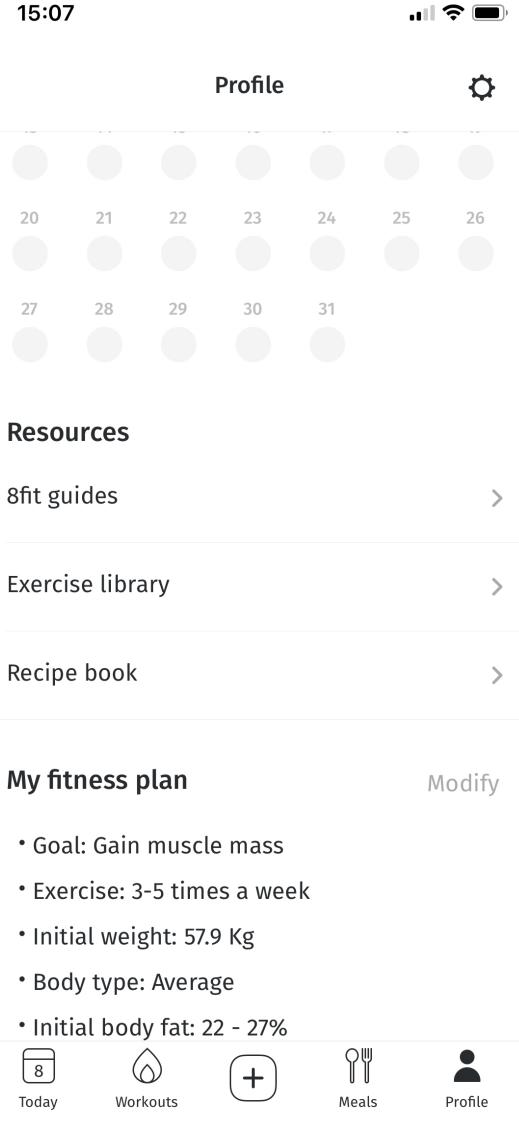
C8: Check 8fit guides

Type	Priority	Estimate	References
Usability	Medium	3 minutes	None
Automation Type			
None			

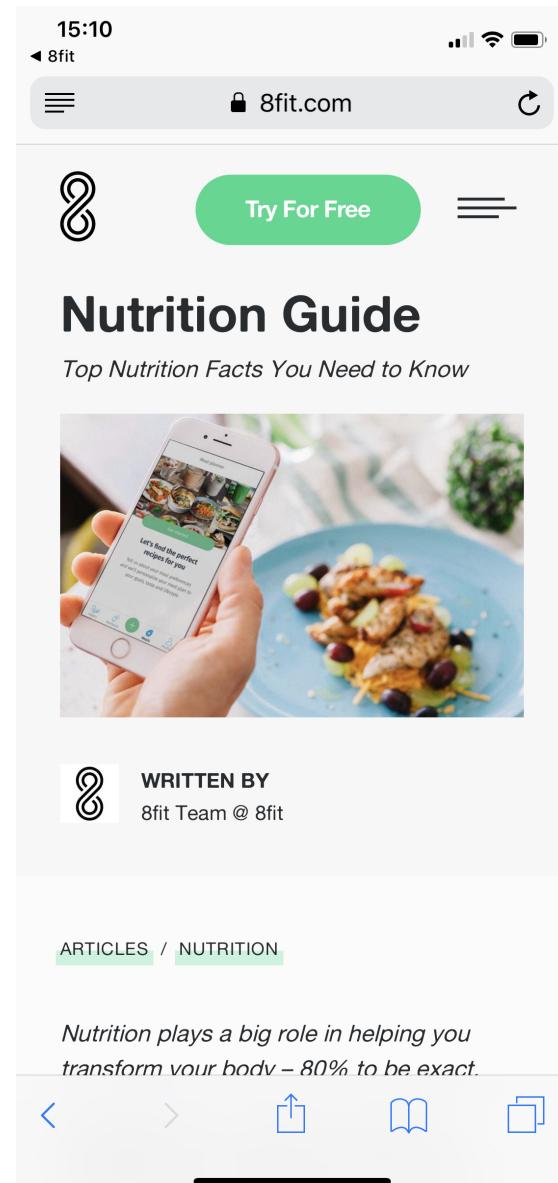
Preconditions

User Profile is already created with the goal to be achieved.
User must be on the profile screen.

Steps

Step	Expected Result
1 Scroll to the middle of the page.	The "Resources" with 8fit guides must be visible. 
2 Tap 8fit guides.	The "8fit guides" screen must be visible with the following informations: The guides: The nutrition Guide. The Fitness Guide. Nutrition Articles: Why nutrition is so important.

Nutrition tips.
Eating out.
More articles.



- 3 Click one of the following options:

- 1 - The nutrition Guide.
- 2 - The Fitness Guide.
- 3 - More articles.

Example: The nutrition Guide.

A page in the browser opens with the Nutrition Guide.

Obs: The same behavior should occur with the other options mentioned.

- 4 Click one of the following options:

- 1 - Why nutrition is so important.
- 2 - Nutrition tips.
- 3 - Eating out.

Example: Why nutrition is so important.

The "Why nutrition is so important" screen opens

Obs: The same behavior should occur with the other options mentioned.



Why nutrition is so important

Exercising is great, but nutrition accounts for 80% of your results.

- If you train and eat poorly, you may see minimal results
- If you eat well without training, you'll improve
- If you train regularly and eat well, you'll get the optimum results

What you can expect

Your meal plan is customized for you. This means that the quantities in each recipe are always adapted to meet your required portion size. The plan will also help you achieve the following:

- **More energy:** As you're giving your body the fuel it requires, you'll start to feel more energized by week 2
 - **Stronger:** Pairing a meal plan with regular workouts will have you feeling noticeably stronger in weeks 3 and 4
-

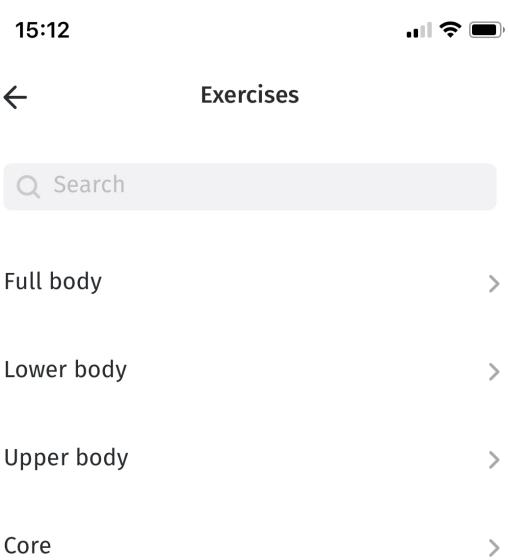
C9: Check Exercise library

Type	Priority	Estimate	References
Usability	High	2 minutes	None
Automation Type			

Preconditions

User Profile is already created with the goal to be achieved.
User must be on the profile screen.

Steps

Step	Expected Result
1 Scroll to the middle of the page.	The "Resources" with Exercise Library must be visible.
2 Tap Exercise Library.	<p>The "Exercise Library" screen must be visible with the following informations:</p> <ul style="list-style-type: none">• Full body• Lower body• Upper body• Core 

3 Click one of the options.

Example: Full body.

The "Full body" screen opens.
A list of exercises for the whole body is displayed.

Obs: The same behavior should occur with the other options mentioned in step 2.

15:13 1

← Full body

Search



Mountain climbers
knees to opposite elbow



Balancing warrior
weight (overhead)
One water bottle



Bench hop overs
Bench



Glute bridge
isometric



Alternating toe touches



Lunge - elbow to ankle
left



Lunge with torso twist
right



Back/chest opener
on ball

4

Click one of the options.

Example: Mountain Climbers.

The "Exercise preview" screen opens.

12:32



Exercise preview



Mountain climbers: knees to opposite elbow

Count one every time you return to start position - alternate sides

Muscles involved: core, glutes, quadriceps, hamstrings

This is how to perform one repetition:

1. Place hands on floor directly under shoulders, hips lifted, and extend legs with feet together and toes curled under
 2. Tense every muscle to keep body in a straight line from head through to heels
 3. Keep left foot straight out behind as you pull right knee in towards left elbow
 4. Place right foot back down behind and pull
-

C10: Change Exercise time

Type	Priority	Estimate	References
Functional	Critical	1 minute	None
Automation Type			
None			

Preconditions

C1 Check user fitness plan.

Steps

Step	Expected Result
1 Tap "Modify".	"My fitness plan" screen is displayed. "My details" must be visible. "My target values".
2 Tap "Exercise".	The "Exercise" screen opens. The following information should be visible: How often do you exercise? - Rarely or never - 1-3 times a week - 3-5 times a week - 6-7 times a week - Seeveral times per week



Exercise

HOW OFTEN DO YOU EXERCISE?

Rarely or never

1-3 times a week

3-5 times a week

6-7 times a week

Several times per day

WHAT QUALIFIES AS AN EXERCISE?

Exercise is a physical activity that increases your heart rate and makes you sweat. Less vigorous activities shouldn't be taken into account.

This information helps us calculate your weekly calorie requirement.

3

Change the "Exercise" time and back to "My fitness plan" screen.

Example: 1-3 times a week for 3-5 times a week.

The "Exercise" should be the same as previously selected.

4

Go back to the Profile screen.

The "Exercise" now is to "3-5 times a week" and the "Target Calories" in "My Target Values" have changed.

Note: For this example, the "target calories" have increased.

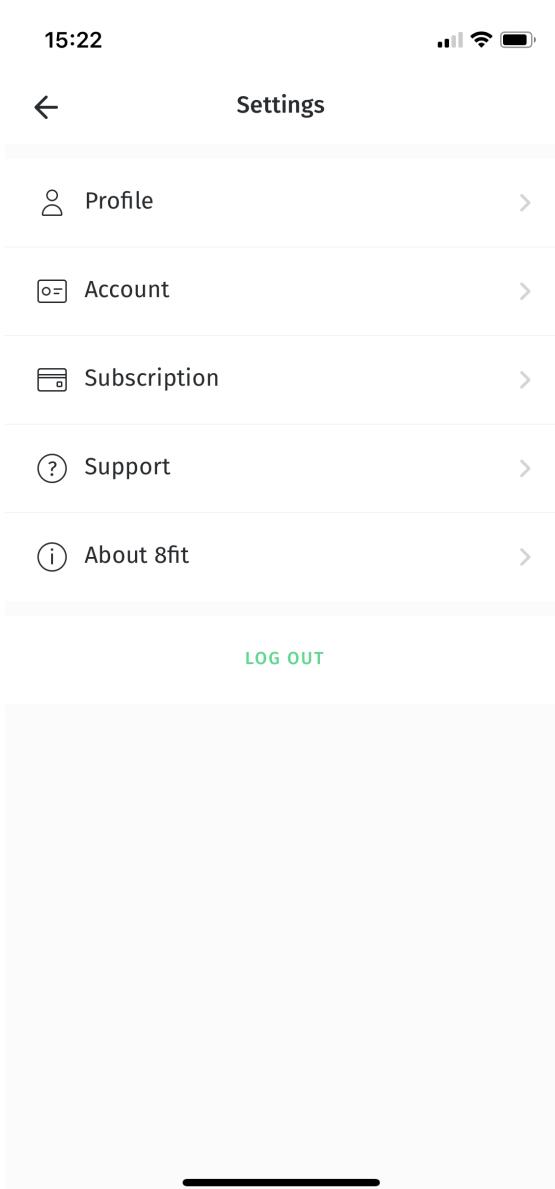
C11: Change username

Type	Priority	Estimate	References
Functional	Low	1 minute	
Automation Type			None

Preconditions

User Profile is already created with the goal to be achieved.
User must be on the profile screen.

Steps

Step	Expected Result
1 Tap the settings icon at the top of the page.	The "Settings" screen opens. 
2 Tap "Profile" option.	The "Profile" screen opens.

15:23



Profile

Name

Lívia Bonifácio Leitao >

Gender

Female >

Birthday

11th May 1987 >

Height

159 cm >

3

Tap "Name".

The "Name" screen opens.



Name

Your name

Lívia Bonifácio Leitao

Update name

4

Change "your name" and click the Update name button.

The application returns to the Profile screen.
The changes must be visible in the "Name" field.

5

Go back to the main page - Profile screen.

At the top of the page, the name has been updated.