

Test Plan and Report

Product/Team name: Gym Essentials

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Sprint 1

- **User Story 1:** As a Gym-Bro, I want a way to set up my account so that the app remembers my data and the state of my app. **(PASS)**
 - **Scenario 1:** Attempt to login with non-existent account **(PASS)**
 1. Start Gym Essentials app, enter the following on the login screen:
Email: <test_email@gmail.com>
Password: password
Expected results: Login should fail
 - **Scenario 2:** Create an account with insufficient password **(PASS)**
 1. Start Gym Essentials app, select Create Account
 2. Enter the following information on the create account page:
Full Name: name
Email: test_email@gmail.com
Password: pass
Confirm Password: pass
Expected result: App displays alert that password should be at least 6 characters
 - **Scenario 3:** Create an account with mismatch passwords **(PASS)**
 1. Start Gym Essentials app, select Create Account
 2. Enter the following information on the create account page:
Full Name: name
Email: test_email@gmail.com
Password: password
Confirm Password: passWORD
Expected result: App displays an error stating passwords do not match
 - **Scenario 4:** Create a valid account, logout, attempt to login with incorrect password, login with correct password **(PASS)**
 1. Start Gym Essentials app, select Create Account
 2. Enter the following information on the create account page:
Full Name: name
Email: test_email@gmail.com
Password: password
Confirm Password: password
 3. Set the following about you fields:
Gender: Male

Age: 21

Height: 180

Weight: 170

Goal: Maintain Weight

Activity Level: Moderately Active

4. Select finish. You should be at the “Workouts” page

5. Navigate to the “Account” page and select “Log Out”

Expected result: App should be logged out and back at the login screen

6. Attempt to login with correct email and incorrect password:

Email: test_email@gmail.com

Password: passWORD

Expected result: Login should fail

7. Attempt to login with incorrect email and correct password:

Email: testemail@gmail.com

Password: password

Expected result: Login should fail

8. Login with correct email and password:

Email: test_email@gmail.com

Password: password

Expected result: Login should succeed

9. Verify all correct account information was saved and is displayed properly on the “Accounts” page:

Gender: Male

Age: 21

Height: 180

Weight: 170

Goal: Maintain Weight

Activity Level: Moderately Active

○ **Scenario 5:** Verify all account information updates and saves properly. **(PASS)**

1. Login to the test account (created for sprint 1, user story 1):

Email: test_email@gmail.com

Password: password

2. Navigate to the “Accounts” screen and update the test users account information:

Gender: Female

Age: 20

Height: 100

Weight: 100

Goal: Lose Weight

Activity Level: Very Active

3. Logout
4. Login to the test account again
5. Navigate to the “Accounts” screen and verify the test users account information was properly updated after the logout.

Expected result:

Gender: Female

Age: 20

Height: 100

Weight: 100

Goal: Lose Weight

Activity Level: Very Active

6. Update the test user’s information once again to reflect the original values (these are needed in other test)

- **User Story 2:** As a Gym-Bro, I want a way to navigate to the different pages of the app so that I can use all the features it has to offer. **(PASS)**

- **Scenario 1:** Navigate to all pages of the app smoothly **(PASS)**

1. Login to the test account (created for sprint 1, user story 1):

Email: test_email@gmail.com

Password: password

you should be at the “Workouts” screen.

2. While on the “Workouts” screen, select the “Workouts” icon from the taskbar.

Expected result: You should remain at the workout page without issue.

3. Select the “Personal Records” icon on the taskbar.

Expected result: You should be taken to the “Personal Records” page.

4. While on the “Personal Records” screen, select the “Personal Records” icon from the taskbar.

Expected result: You should remain at the workout page without issue.

5. Select the “Fitness Calculators” icon on the taskbar.

Expected result: You should be taken to the “Fitness Calculators” page.

6. While on the “Fitness Calculators” screen, select the “Fitness Calculators” icon from the taskbar.

Expected result: You should remain at the workout page without issue.

7. Select the “Accounts” icon on the taskbar.

Expected result: You should be taken to the “Accounts” page.

8. While on the “Accounts” screen, select the “Accounts” icon from the taskbar.

Expected result: You should remain at the workout page without issue.

Sprint 2

- **User Story 1:** As an athlete, I want to quickly access all my workout plans, while also being able to track my rest times so that my session is more organized and planned.

(PASS)

- **Scenario 1:** Create a workout with multiple exercises and verify it still exists after a logout. **(PASS)**

1. Login to the test account (created for sprint 1, user story 1):
Email: test_email@gmail.com
Password: password
2. On the workouts page, select the plus sign to add a new workout.
3. Press “Cancel”
Expected result: You are taken back to the “Workouts” page.
4. Select the plus sign to add a new workout again.
5. Select “Add” without entering a workout name.
Expected result: The box is highlighted red and an error shows.
6. Enter in a name for the workout:
Workout Name: Workout
Select “Add”.
Expected result: You should be taken back to the “Workouts” page and see a new workout with the given name.
7. Select the newly created workout and verify you are taken to an empty page labeled with the name of the workout and see the following:
 - back arrow
 - “Add Exercise” button
 - “Delete Workout”
8. Select “Add Exercise”
9. On the “Adding exercise” page, select Submit without entering any data.
Expected result: You should see the boxes highlighted red and an error message.
10. Enter in an exercise name:
Exercise: Squat
11. Select Submit without entering any data for sets and reps.
Expected result: You should see the boxes highlighted red and an error message.
12. Enter in a number of sets (verify the numeric keyboard is brought up):
Sets: 3
13. Select Submit without entering any data for reps.
Expected result: You should see the boxes highlighted red and an error message.

14. Enter in a number of reps (verify the numeric keyboard is brought up):
Reps: 8
15. Select Submit.
Expected result: You should now see a box for your workout with the new exercise and its associated sets and reps.
16. Add one more exercise:
Exercise: Deadlift
Sets: 4
Reps: 6
17. Logout
18. Login
19. Navigate to the workout page, select the workout created in step 6.
Expected result: The exercises still exist and are unchanged.
- **Scenario 3:** Use adjustable rest timer **(PASS)**
 1. Complete test scenario 1 before beginning this test.
 2. Login to the test account (created for sprint 1, user story 1):
Email: test_email@gmail.com
Password: password
 3. Navigate to the "Workouts" page and select the workout created in test scenario 1.
 4. On the first exercise, select the timer icon.
Expected result: You should see a popup for the automatic rest timer.
 5. Select "Start" without entering a value for the timer.
Expected result: The timer does not start and no unexpected behavior occurs.
 6. Select "Close".
Expected result: The popup closes and no unexpected behavior occurs.
 7. On the first exercise, select the timer icon.
Expected result: You should see a popup for the automatic rest timer (again).
 8. Select the textbox to enter in a timer duration.
Expected result: The numeric keyboard is brought up.
 9. Enter 15 and watch the timer until it runs out.
Expected result: When time runs out, you should see "Time is up!"
 10. Select the "Reset" button.
Expected result: The timer is reset and you can enter in a timer duration again.
 11. Enter 15 and select "Reset" before the timer runs out.
Expected result: The timer is reset and you can enter in a timer duration again.

12. Repeat steps 4 through 11 with the second exercise.
- **Scenario 3:** Edit and delete exercises and workouts. Verify changes still exist after a logout. **(PASS)**
 1. Complete test scenario 1 before beginning this test.
 2. Login to the test account (created for sprint 1, user story 1):
Email: test_email@gmail.com
Password: password
 3. Navigate to the "Workouts" page and select the workout created in test scenario 1. Select the three dots on the first exercise to edit it.
 4. Select "Update" without editing any information.
Expected result: You should be taken back to the "Workouts" screen and see the exercise unchanged.
 5. Select the three dots on the first exercise to edit it.
 6. Delete the exercise name and select "Update".
Expected result: The box should be red and an error message should show.
 7. Enter in a new, valid name:
Exercise: Leg Press
 8. Delete the number of sets and select "Update".
Expected result: The box should be red and an error message should show.
 9. Enter in a new, valid number of sets:
Sets: 5
Expected result: Numeric keyboard is brought up
 10. Delete the number of reps and select "Update".
Expected result: The box should be red and an error message should show.
 11. Enter in a new, valid number of reps:
Reps: 5
Expected result: Numeric keyboard is brought up
 12. Verify when you are taken back to the Workout page, you see the first exercise.
Expected result:
Exercise: Leg Press
Sets: 5
Reps: 5
13. Logout
14. Login

15. Navigate to the workout page, select the workout that was edited.
Expected result: The updates were saved and the other exercise is unchanged.
16. Select the trash can on the first exercise.
Expected result: You should get an alert confirming the delete and see a spinning wheel while the exercise is deleted.
17. After being taken back to the workout screen.
Expected result: The deleted exercise is no longer displayed.
18. Logout
19. Login
20. Navigate to the “Workouts” page, select the workout.
Expected result: There is only one exercise remaining.
21. Select “Delete Workout”.
Expected result: You should get an alert confirming the delete and the “Workouts” page no longer displays the workout.
22. Logout
23. Login
24. Navigate to the “Workouts” page.
Expected result: The workout no longer exists.

- **User Story 2:** As a bodybuilder, I want to calculate my daily caloric and protein intake needs so that my meals lead to completing my goals. **(PASS)**
 - **Scenario 1:** Verify daily protein and caloric intake values are correct. **(PASS)**
 1. Login to the test account (created for sprint 1, user story 1):
Email: test_email@gmail.com
Password: password
 2. Navigate to fitness calculator page
Expected result:
Daily caloric intake: 2896 calories
Daily protein intake: 132g
 - **Scenario 2:** Verify protein and caloric intake values update with a change in user's goal **(PASS)**
 1. Login to the test account (created for sprint 1, user story 1):
Email: test_email@gmail.com
Password: password
 2. The test user's activity level should currently be set to “Moderately Active”, navigate to the “Account” page and edit the activity level to be “Very Active”
 3. Navigate back to the fitness calculator page.
Expected result: The daily caloric intake has now increased

4. Navigate back to the “Account” page and edit the goal to be “Gain Weight”
5. Navigate back to the fitness calculator page.

Expected result: The daily caloric intake has increased again

- **User Story 3:** As a Gym-Bro, I want a place to keep my personal records so that I can look back to it when I forget. **(PASS)**

- **Scenario 1:** Create new personal record, test cancel button, verify changes are saved after a logout **(PASS)**

1. Login to the test account (created for sprint 1, user story 1):
Email: test_email@gmail.com
Password: password
2. Navigate to the personal records page and select the plus sign to add a new record
3. Select Cancel
Expected result: You are taken back to the personal record page
4. Select the plus sign to add a new record and select “Add” without entering any values.
Expected result: App should produce an error saying the input values are incorrect
5. Enter in correct values:
Exercise: Squat
Record: 125
Date: 2023-03-01
6. Navigate to the PR page
Expected result: The PR is displayed on the PR page and the values are correct
7. Navigate to the “Account” page and logout
8. Login again, navigate to the PR page
Expected result: The record is still there.
9. Select the record, update all values of the record:
Exercise: Deadlift
Record: 145
Date: 2023-03-02
10. Navigate back to PR page
Expected result: The PR values have updated
11. Navigate to the “Account” page and logout
12. Login again, navigate to the PR page
Expected result: The record is still there with the changes made in step 9.

13. Select the record, then the trash can.
Expected result: The record is deleted
14. Navigate to the “Account” page and logout
15. Login again and navigate to the PR page.
Expected result: The record is still deleted.

Sprint 3

- **User Story 1:** As a user, I want a workout app that sends me a notification that reminds and motivates me to work out. **(PASS)**
 - **Scenario 1:** Motivational notifications are sent randomly throughout the day, everyday **(PASS)**
 1. After downloading the Expo Go client application and scanning the QR code, allow the app to send you push notifications.
 2. Leave the app open in the “background” of your device for the day
 3. After 8pm, check the notification center.
Expected result: At a random time of day, the app sends a motivational notification
 4. Repeat the next day.
Expected result: The time is different than in step 3.
- **User Story 2:** As a beginner in the gym, I want an app that provides predefined workout plans (for all muscle groups) so I don’t have to make my own. **(PASS)**
 - **Scenario 1:** After creating an account, the predefined workout templates are in the workouts page **(PASS)**
 1. Create an account or use an already existing account that has not used the workouts screen
 2. Navigate to the “Workouts” page, select the plus sign and then “Pre-set Workout”.
Expected result: The following templates exist:
Quads & Calves
Glutes & Hamstrings
Pull
Push
 3. Select the “Quads & Calves” workout.
Expected result: You should be taken back to the workout page and see that template added.
 4. Select the workout.
Expected result: The following exercises exist with the associated (SETSxREPS):
Squat -> (5x5)
Seated Calf Raise -> (3x12)
Leg Press -> (4x6)

Calf Press on Leg Press -> (4x8)

5. Back on the “Workouts” page, select the plus sign and then “Pre-set Workout”
6. Select the “Glutes & Hamstrings” workout.
Expected result: You should be taken back to the workout page and see that template added.
7. Select the workout
Expected result: The following exercises exist with the associated (SETSxREPS):
Hip Thrust -> (5x5)
Romanian Deadlift -> (5x5)
Lying Hamstring Curl -> (4x8)
Hip Abductor Machine -> (3x12)
8. Back on the “Workouts” page, select the plus sign and then “Pre-set Workout”
9. Select the “PULL” workout.
Expected result: You should be taken back to the workout page and see that template added.
10. Select the workout.
Expected result: The following exercises exist with the associated (SETSxREPS):
Bent Over Barbell Row -> (5x5)
Seated Cable Row -> (4x6)
Cable Bicep Curl -> (4x8)
Bent Over One Arm Dumbbell Row -> (4x8)
Hammer Curl -> (4x8)
11. Back on the “Workouts” page, select the plus sign and then “Pre-set Workout”
12. Select the “PUSH” workout.
Expected result: You should be taken back to the workout page and see that template added.
13. Select the workout.
Expected result: and verify the following exercises exist with the associated (SETSxREPS):
Push Ups -> (5x5)
Cable Tricep Pushdown -> (4x8)
Lateral Raise -> (4x6)
Dumbbell Chest Fly -> (4x8)
Overhead Press -> (4x8)