TESTING

• Software Testing:

Here we did the **white box testing**, because what white box testing means is testing done when the testers knows the very internal implementation of what and how things were implemented in the doing section.

Testing is done on each of the features implemented in the model. And following are the outputs:

1.) Work Out:

```
Welcome to Fitness Tracker
Track yourself on the basis of :
1.) Workout
2.) BMI(Body Mass Index)
3.) WaterIntake
4.) BMR(Basal Metabolic Rate)
5.) Approximately Calorie Burnt
Select Option : 1

Calculating Work Out :
Did you do yoga? (yes/no): yes
Enter how long you did yoga? (mins): 30
Did you do cardio? (yes/no): yes
Enter how long you did cardio? (mins): 20
Did you do meditation? (yes/no): yes
Enter how long you did meditation? (mins): 5
Your fitness score is 4.0 on scale of 5.0
```

2.) BMI(Body Mass Index):

```
Welcome to Fitness Tracker
Track yourself on the basis of :
1.) Workout
2.) BMI(Body Mass Index)
3.) WaterIntake
4.) BMR(Basal Metabolic Rate)
5.) Approximately Calorie Burnt
Select Option : 2

Calculating BMI(Body Mass Index) :
Enter the height in cm : 160
Enter the weight in kg : 55
Your Body Mass Index is 21.484374999999996
Status : Normal
```

3.) Water Intake:

```
Welcome to Fitness Tracker
Track yourself on the basis of :
1.) Workout
2.) BMI(Body Mass Index)
3.) WaterIntake
4.) BMR(Basal Metabolic Rate)
5.) Approximately Calorie Burnt
Select Option : 3

Calculating Water Intake :
Enter the weight in kg : 55
Enter the age : 22
The water required for you will be :  5.06842138
```

4.) BMR(Basal Metabolic Rate):

```
Welcome to Fitness Tracker
Track yourself on the basis of :
1.) Workout
2.) BMI(Body Mass Index)
3.) WaterIntake
4.) BMR(Basal Metabolic Rate)
5.) Approximately Calorie Burnt
Select Option : 4


Calculating BMR(Basal Metabolic Rate) :
Enter the height in cm : 160
Enter the weight in kg : 55
Enter the age : 22
Enter gender (M/F) : M
BMR calculated is:  2290.28
```

5.) Approximate Calorie Burnt:

```
Welcome to Fitness Tracker
Track yourself on the basis of :
1.) Workout
2.) BMI(Body Mass Index)
3.) WaterIntake
4.) BMR(Basal Metabolic Rate)
5.) Approximately Calorie Burnt
Select Option : 5

Calculating Approc Calorie Burnt :

Calculating BMR(Basal Metabolic Rate) :
Enter the height in cm : 160
Enter the weight in kg : 55
Enter the age : 22
Enter gender (M/F) : M
BMR calculated is:  2290.28
1.little to no exercise
2.light exercise 1-3 days a week
3.moderate exercise 3-5 days a week
4.exercises hard 6-7 days a week
5.extra active person
Select your activity level:4
Calorie need to burn for maintaining weight : 3950.7330000000006
```