

# TESTING

- **Software Testing:**

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
```