

Test Plan and Report

Product Name: Train Easy

Team Name: Routeam

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System Test Scenarios

As a gym goer, I want to plan my weekly workouts so that I can ensure I'm reaching my fitness goals

Scenario 1: Planning future workouts (PASS)

1. Start app, move forward multiple weeks
 - a. Tap right arrow 20 times
2. Select workout goals for each day of the week
 - a. Monday core, Wednesday legs, Friday chest, else rest
3. Relaunch app, ensure each goal is still saved

As a gym goer, I want the versatility and organization of adding my specific workouts by cardio and weights

Scenario 2: Adding a resistance workout (PASS)

1. Start app, open today's date
2. Tap the button at the top with a "+"
3. Enter "Temp" for name, 1 for weight, 1 for sets, and 1 for reps
4. Switch to the cardio tab and ensure the resistance workout is hidden

Scenario 3: Adding a cardio workout (PASS)

1. Start app, open today's date
2. Switch to the cardio tab
3. Tap the button at the top with a "+"
4. Enter "Temp" for name, 1:00 for time, 1 for distance, and miles for units
5. Switch to the resistance tab and ensure the cardio workout is hidden

As a gym goer, I want to see when I achieve a personal record

Scenario 4: Resistance PR Indicator (PASS)

1. Start app, open day in the past
 - a. Take today's date, tap date before today
2. Log a resistance workout
 - a. Enter "Temp" for name, 100 for weight, 1 for sets, and 1 for reps
3. Go back to the home screen, open today's date
4. Log a resistance workout with a higher weight
 - a. Enter "Temp" for name, 105 for weight, 1 for sets, and 1 for reps

5. The user should get an indicator that a PR was set

Scenario 5: Cardio PR Indicator (PASS)

1. Start app, open day in the past
 - a. Take today's date, tap date before today
2. Log a cardio workout
 - a. Enter "Temp" for name, 1:00 for time, 1 for distance, miles for unit
3. Go back to the home screen, open today's date
4. Log a cardio workout with a lower time
 - a. Enter "Temp" for name, 0:30 for time, 1 for distance, miles for unit
5. The user should get an indicator that a PR was set

As a gym goer trying to maintain consistency, I want the log to be accessible with memory of past input

Scenario 6: Reviewing past workouts (PASS)

1. Start app, move backward multiple weeks
 - a. Tap left arrow 20 times
2. Select workout goals for each day of the week
 - a. Monday core, Wednesday legs, friday chest, else rest
3. Relaunch app, ensure each goal is still saved

As a gym goer, I would like a profile so that I can view my stats and get an idea of my current fitness level

Scenario 7: Create profile (PASS)

1. Start app, tap circle in top right corner
2. Enter Temp for name, weight, height, age
3. Relaunch app, tap circle, verify that data is still there

As a gym goer, I would like to see my milestones and records on my profile

Scenario 8: View Resistance PRs on profile (PASS)

1. Run Scenario 4 and return to home screen
2. Tap the circle in the top right corner
3. The screen should indicate at the bottom the PR for the workout "Temp", with its related statistics

Scenario 9: View Cardio PRs on profile (FAIL)

1. Run Scenario 5 and return to home screen
2. Tap the circle in the top right corner
3. The screen should indicate at the bottom the PR for the workout "Temp", with its related statistics