**Testing**

1. **Activity Tracking Inputs**
   * **Valid Data:**
     + Activity Name: "Running", Duration: "30", Intensity: "High"
     + Activity Name: "Yoga", Duration: "60", Intensity: "Low"
   * **Invalid Data:**
     + Activity Name: "", Duration: "30", Intensity: "Medium" (missing activity name)
     + Activity Name: "Cycling", Duration: "abc", Intensity: "High" (non-numeric duration)
     + Activity Name: "Swimming", Duration: "", Intensity: "Low" (empty duration)
2. **Nutrition Logging Inputs**
   * **Valid Data:**
     + Food Item: "Apple", Calories: "95", Carbs: "25", Protein: "0", Fats: "0"
     + Food Item: "Chicken Breast", Calories: "165", Carbs: "0", Protein: "31", Fats: "3"
   * **Invalid Data:**
     + Food Item: "", Calories: "100" (missing food item)
     + Food Item: "Burger", Calories: "abc", Carbs: "30", Protein: "20", Fats: "10" (non-numeric calorie)
     + Food Item: "Pasta", Calories: "200", Carbs: "abc", Protein: "7", Fats: "2" (non-numeric carbs)
3. **Goals Setting Inputs**
   * **Valid Data:**
     + Weekly Exercise Goal: "5", Daily Calorie Limit: "2000"
   * **Invalid Data:**
     + Weekly Exercise Goal: "", Daily Calorie Limit: "2000" (missing weekly goal)
     + Weekly Exercise Goal: "one", Daily Calorie Limit: "1800" (non-numeric weekly goal)
     + Weekly Exercise Goal: "3", Daily Calorie Limit: "" (missing daily calories