Test Users Reference

This document lists all test users seeded in the database for development and testing purposes.

Password: All test users use the password `Test123!`

Admin Users

Name	Email	Role	Notes
Admin User	admin@metabolikal.com	admin	Main admin user

Client Users

Name	Email	Role	Status	Notes
Alex Thompson	active.client@test.com	client	Active	Good progress, 45 days
Jordan Martinez	struggling.client@test.com	client	Flagged	Struggling, flagged for follow-up
Sam Wilson	new.client@test.com	client	Active	New client with pending reviews, 14 days
Morgan Chen	success.client@test.com	client	Active	Long-term success, 90 days
Casey Rivera	brandnew.client@test.com	client	Active	Brand new, just started (3 days)
Taylor Brown	deactivated.client@test.com	client	Deactivated	Requested pause
Jamie Parker	conditions.client@test.com	client	Active	Female, has medical conditions (PCOS)

Challenger Users

Name	Email	Role	Status	Notes
Riley Johnson	active.challenger@test.com	challenger	Active	Mid-challenge (day 15), good progress
Avery Williams	completed.challenger@test.com	challenger	Completed	Finished 30-day challenge
Quinn Davis	new.challenger@test.com	challenger	Active	Just started (day 1)
Peyton Miller	inactive.challenger@test.com	challenger	Inactive	Started 20 days ago, stopped at day 5
Cameron Lee	upgrade.challenger@test.com	challenger	Completed	Ready for upgrade, high engagement

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Quick Copy Reference

Admin Login

```
Email: admin@metabolikal.com
Password: Test123!
```

Active Client Login

```
Email: active.client@test.com
Password: Test123!
```

Active Challenger Login

```
Email: active.challenger@test.com
Password: Test123!
```

User Roles Overview

Role	Access
admin	Full admin dashboard, manage all clients/challengers
client	Client dashboard, view assigned plans, check-ins
challenger	Limited access, 30-day challenge features

Seeding Instructions

Users are seeded via **supabase/seed.sql**. To reset and reseed:

```
# Local Supabase
supabase db reset

# Remote Supabase
# 1. Run seed-users.sh first (creates auth users)
# 2. Run seed.sql in Supabase Dashboard SQL Editor
```