**Test Data:**

1. Registration Test Data:
   * Valid registration data with all required fields filled correctly.
   * Missing one or more required fields during registration.
   * Invalid age (non-numeric) during registration.
   * Invalid username (contains special characters) during registration.
   * Invalid password (less than 8 characters) during registration.
2. Login Test Data:
   * Valid login data with an existing username and password.
   * Missing username or password during login.
   * Invalid username (contains special characters) during login.
   * Invalid password during login.
3. Fitness Entry Test Data:
   * Valid fitness entry with all fields filled correctly.
   * Missing one or more required fields during fitness entry.
   * Invalid duration (non-numeric) during fitness entry.
   * Invalid distance (non-numeric) during fitness entry.
4. Alarm Test Data:
   * Valid alarm time (positive integers for minutes and seconds).
   * Invalid alarm time (non-numeric minutes or seconds).
5. Settings Test Data:
   * Testing activity type, duration units, and distance units settings.

**Results of Tests:**

After running the tests, we can identify any issues or bugs in the program and fix them accordingly. For example:

* If a valid registration test is successful, the program should store the user's data correctly in the system.
* If an invalid username/password is provided during login, the program should display an appropriate error message.
* For fitness entries, the program should correctly validate the input data and add the entry to the list when it is valid.
* Alarm settings should correctly set and trigger the alarm at the specified time.