

1. Sign in with Username: **demo**, password: **password**
2. Observe graphs on home page
3. Go to diary and add activity
4. Show add meal menu
5. Add custom food:

Name	Birds Eye Chicken Nuggets
Calories	251
Protein	14
Fat	12
Carbohydrates	21
Serving size	102
Serving name	5 chicken nuggets

6. Create meal

Birds Eye Chicken Nuggets	102
McCain Home Chips	150

7. Add meal to diary
8. Observe calories remaining (1587) and show macronutrients
9. Add new weight loss goal

Goal weight	50
Expiry date	30/05/2018

10. Observe warning and delete goal
11. Add new weight loss goal

Goal weight	82
Expiry date	30/05/2018

12. Observe difference in calories remaining (now 1253)
13. Log weight

Weight	81.5
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14. Go to goals and observe notice
15. Go to settings and change email to temp-mail.org address
16. Change password to random string
17. Observe "password has been changed" email
18. Sign out and then attempt to log in with old password
19. Go through password reset process
20. Log back in
21. Create a new group
22. Add user

Username	JSmith
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23. Observe activities