

Be Like an Athlete

Digital Platform & App

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1.1 Versions alpha 1, alpha 2 and beta 1

Version **alpha 1** of the Be Like an Athlete (BLA) digital platform was discussed in the June 21–22, 2022 meeting in the University of Limerick, Ireland. Using the feedback from the partners that participated in that presential plus online meeting, version **alpha 2** was created and deployed online July 27, 2022. In principle it incorporates all of the suggestions for changes that were approved in that meeting. Now it is important to test and validate version **alpha 2** so that we can transition to version **beta 1**. Version **beta 1**, that should be online at the beginning of September 2022, will be the first version that can be used with test groups from outside the project partners, it is also the version that will be the basis for starting developing the Android version of the BLA App.

Although later on small changes can still be incorporated, the general functionality and the information to be collected from the *active users* must be fully defined in version **beta 1**, thus it is very important to test version **alpha 2** in order to detect and fix any missing functionality or items that should be corrected. For instance it is important to verify whether the information collected in the sports section is enough, whether the information collected in the academics section is enough, whether differences that currently exist between the information collected in the sports section and the academics section should be kept as they are or the counterpart from the other section should also be present in that section, etc. The same applies to the sections nutrition, mindset, sleep and free time. It is also very important to evaluate whether some of those sections are already too long thus they should be simplified to make them easier and faster to fill-in on a daily basis.

The BLA App (Android and iOS versions) will use the same database format and collect the same information, the only difference will be in the usability of the user interface. Because initially only the Android App will be available, iOS users will need to temporarily use the web version of the user interface, as such version **alpha 2** should be tested using a desktop/laptop computer, a smartphone (Android or iOS) and a tablet (Android or iOS).

1.2 How to test the functionality of version alpha 2

To facilitate testing, the security feature of using multi factor authentication (Yubikeys or the App Google Authenticator) was disabled. This not only allows a faster and simpler login but also allows that during testing more than one **partner** can login as one of the existing test users (that would be impossible if two factor authentication was enabled). The URL to use is

<https://belikeanathlete.ismai.pt/selfuseradmin/>, the usernames¹ and passwords are the ones previously supplied, for those users that **changed the password** supplied for version **alpha 1** that change was not lost, that is the new password should be used.

User's that belong to the group **partner** can test the functionality of the BLA platform as follows:

- Using one or more of the predefined test users (the list of those users and their passwords is supplied below, the password of those users should not be changed²)
- Batch (bulk) creating several test users in a single operation, e.g. create 100 users that belong to a given school (this functionality is only available to users of the group **partner**). Using the Excel template that can be downloaded when doing the “*add*” *batch create new users*, the **partner** uploads an Excel file with **first_name**, **last_name**, **name**, **email**, **sex**, **date_of_birth** and **username** (in this order), the corresponding users are automatically created, and an Excel file can be downloaded with those new user's passwords. If during batch creation an attempt is made to create an existing user (same **username**), the creation of that user is skipped without causing an error and the remaining new users are created

There are 15 predefined test users, all of them belong to the group **activeuser** and all of them have the same permissions (that is, each one of them can do exactly the same things), although some of them are assumed to be normal *active users* (that is, users that are studying and practicing sports) while others are assumed to be coaches or are only there (e.g. friend or family member) to view the data shared by one or more of the normal *active users*. These test users were created because it is easier to get a feeling for a digital platform that already has some data instead of just getting a few intimidating empty screens. When using these predefined test users:

1. Don't change the user's password
2. Don't change the existing entries for those users, instead of doing that add new entries, and then, if appropriate, view, change or delete those new entries that you created
3. Always try to add information that makes sense, don't put random text or random numbers, that isn't helpful when looking at test data and trying to decide whether the information being collected is ok or should be changed
4. Check whether that user and users that you manually or batch created seem to have the correct add, change, view or delete permissions. It is a bug if the user can execute an operation that he/she was not supposed to be able to do. The same applies to not being able to do an operation that he/she should be able to do. On a side note the active users can see the full list of users in the digital platform because only like that they can select the users that they want to share information with. There is the problem that it means that the emails can also be seen by all users.

Here are the characteristics of each of the 15 predefined test users:

1. Username **testactiveuser1**, password **breaking-glass-one**, first name **User1** (thus after login at the top right it will say “*WELCOME USER1*”).
This user is *male*, practices *Basketball* at *National* level, currently trains (on average) 3 hours per week, has the goal of starting training an average of 4 hours per week, is taking a Bachelor's degree, academic-wise has 18 hours of classes per week, studies an average of 2 hours per week and would like to start studying 5 hours per week, usually goes to bed at 23:00, wakes up at 06:30, has the goal of sleeping an average of 8 hours per day (which would require e.g. going to bed at 22:30), has no goals regarding the average number of meals per day.

¹teresa.figueiras, claudia.pinhoiro, nuno.pimenta, mariana.cunha, avelino.azevedo, mario.moreira, spartaco.grieco, norma.bargary, inger.eliasson, monica.aznar, paula.batista

²In this way, as the password is known, several **partner** users can test impersonating those existing test users.

This user is coached by `testcoach5` with whom he decided to share his *Sports section*, *Nutrition section* and *Sleep section*. User `testview7` is a family member with whom he decided to share his academics section, user `testactiveuser2` is a school colleague with whom he decided to share his sports section.

2. Username `testactiveuser2`, password `breaking-glass-two`, first name `User2` (thus after login at the top right it will say “*WELCOME USER2*”).
This user is *female*,
3. Username `testactiveuser3`, password `breaking-glass-three`, first name `User3` (thus after login at the top right it will say “*WELCOME USER3*”).
This user is *female*,
4. Username `testactiveuser4`, password `breaking-glass-four`, first name `User4` (thus after login at the top right it will say “*WELCOME USER4*”).
This user is *male*,
5. Username `testcoach5`, password `translucent-glass-five`, first name `Coach5` (thus after login at the top right it will say “*WELCOME COACH5*”).
6. Username `testcoach6`, password `translucent-glass-six`, first name `Coach6` (thus after login at the top right it will say “*WELCOME COACH6*”).
7. Username `testview7`, password `transparent-glass-seven`, first name `View7` (thus after login at the top right it will say “*WELCOME VIEW7*”).
8. Username `testview8`, password `transparent-glass-eight`, first name `View8` (thus after login at the top right it will say “*WELCOME VIEW8*”).
9. Username `testreserved9`, reserved for future test use
10. Username `testreserved10`, reserved for future test use
11. Username `testreserved11`, reserved for future test use
12. Username `testreserved12`, reserved for future test use
13. Username `testreserved13`, reserved for future test use
14. Username `testreserved14`, reserved for future test use
15. Username `testreserved15`, reserved for future test use

1.3 Records for Active Users (and partners)

1.3.1 Active User Setup

- Sports section:
 - Main sports category: choose from sports list³, if the sports is not there use **OTHER**
 - Main sports name (help text: Free text, put only your main sport)
 - Sports level: National / International
 - Number of hours of training per week (help text: On average how many hours do you train per week?)
 - Goal: average number of hours of training per week (help text: On average how many hours should you train per week? (if you don't have any goals put 0))

³The **partners** can update and extend this list

- Academics section:
 - Studies level: Secondary / Higher education (help text: User studies level)
 - Type of scholar year (help text: Studies level, e.g. '11th grade' or 'university bachelor')
 - Number of hours of classes per week (help text: On average how many hours of classes per week)
 - Number of hours usually study per week (help text: On average how many hours do you study per week?)
 - Goal: average number of hours of study per week (help text: On average how many hours should you study per week? (if you don't have any goals put 0))
- Sleep section:
 - Time usually go to bed (help text: On average when do you go to bed? (Format: hh:mm))
 - Time usually wake up (help text: On average when do you wake up? (Format: hh:mm))
 - Goal: average number of hours of sleep per day (help text: On average how many hours should you sleep per day? (if you don't have any goals put 0))
- Nutrition section:
 - Goal: average number of meals per day (help text: On average how many meals (breakfast, morning snack, lunch, afternoon snack, dinner, supper) should you have per day? (if you don't have any goals put 0))
- Readonly automatically filled-in fields when the record is saved (used mostly for searching and filtering):
 - Start date (always gets the current date, it is the date at which this setup starts being used, replacing the previous setup for this user if it exists)
 - End of setup validity: - yyyy-mm-dd
 - Created by (the username of the user that created this record)
 - Name (the name of the user that created this record)
 - Email (the email of the user that created this record)
 - Country (the country of the user that created this record)

1.3.2 Active User Daily Record

- Date (manually written using a calendar or just selecting **Today**, cannot be in the future and cannot be more than 15 days in the past)
- Sports section:
 - Trained: Yes / No / No, because I'm injured (Yes is selected by default)
 - Feeling about training: Not applicable / Unhappy / Neutral / Happy
 - Why you have this feeling about the training? Multiple choice, the items in the list are adjusted according to the previous choice, the full list includes:
 - * Not applicable
 - * Unhappy because I did not learn anything new
 - * Unhappy because I did not achieve my goals
 - * Unhappy because I did not meet my teacher's expectations
 - * Unhappy because I did not had fun and joy at all

- * Unhappy because I was tired from training
- * Happy because I've learned a lot
- * Happy because I achieved my goals
- * Happy because I've achieved my teacher's goals
- * Happy because I've had a lot of fun and joy
- Did school work impact training? Positively / No impact / Negatively / Not applicable
- Number of hours of training (help text: Use 3.5 to represent three and a half hours of training)
- Academics section
 - Studied: Yes / No / No, because there are no school activities (Yes is selected by default)
 - Feeling about academics: Not applicable / Unhappy / Neutral / Happy
 - Why you have this feeling about academics? Multiple choice, the items in the list are adjusted according to the previous choice, the full list includes:
 - * Not applicable
 - * Unhappy because I did not learn anything new
 - * Unhappy because I did not achieve my goals
 - * Unhappy because I did not meet my teacher's expectations
 - * Unhappy because I did not had fun and joy at all
 - * Unhappy because I was tired from training
 - * Happy because I've learned a lot
 - * Happy because I achieved my goals
 - * Happy because I've achieved my teacher's goals
 - * Happy because I've had a lot of fun and joy
 - Number of hours of study (help text: Use 3.5 to represent three and a half hours of study)
 - Academic work assignments fulfilled? Yes / No / Not applicable
 - Did training impact school work? Positively / No impact / Negatively / Not applicable
 - Scholar activities evaluation: Great / Good / Average / Not good / Not applicable
- Sleep section
 - Number of hours of sleep (help text: Use 7.5 to represent seven and a half hours of sleep)
 - Sleeping quality: Good / Normal / Bad
- Nutrition section
 - Skip any meals? No / Yes
 - Meals quality: Good / Normal / Bad
 - Number of meals (help text: E.g. '3' meals for breakfast, lunch, dinner)
 - Vegetables (checkbox, help text: Did you eat enough vegetables?)
 - Fruit (checkbox, help text: Did you eat enough fruit?)
 - Water (checkbox, help text: Did you drink enough water?)
- Mindset section:
 - Did everything I had planned for today? Yes / More or less / No
 - Obstacles found today? No / Yes

- Energy level: 4 (very active) / 3 / 2 / 1 (very tired)
- Moods felt during the day: (multiple choice) Euphoric / Happy / Joyful / Relaxed / Irritable / Frustrated / Stressed / Anxious / Apathetic / Sad / Upset
(help text⁴: 1: Upset, 2: Sad, 3: Apathetic, 4: Anxious, 5: Stressed, 6: Frustrated, 7: Irritable, 8: Relaxed, 9: Joyful, 10: Happy, 11: Euphoric)
- Motivation for sports: Highly motivated / Motivated / Little motivated / Unmotivated
- Motivation for school: Highly motivated / Motivated / Little motivated / Unmotivated
- Was today a good day in the pursuit of my goals? Yes / More or less / No
- Free time section
 - Free time usage (multiple choice): Unspecified / Resting / Hobbies / Hanging with friends / Hanging with family
 - Had enough free time? Yes / No
- Readonly automatically filled-in fields when the record is saved (used mostly for searching and filtering):
 - Created by (the username of the user that created this record)
 - Name (the name of the user that created this record)
 - Email (the email of the user that created this record)
 - Country (the country of the user that created this record)
 - Month (month corresponding to the date field)
 - Year (year corresponding to the date field)
 - Week day (week day corresponding to the date field)

1.3.3 Active user competitions or exams

- Date (manually written using a calendar or just selecting **Today**, cannot be in the future and cannot be more than 366 days in the past)
- Event type: Competition / Exam
- Importance:
 - If **Competition** was selected: School level / Club level / Provincial level / National level / International level
 - If **Exam** was selected: Not so important / Moderate importance / Important / Very important
- Results: free multi line text
- Result comparing with expectations: Below expectations / As expected / Above expectations
- Readonly automatically filled-in fields when the record is saved (used mostly for searching and filtering):
 - Created by (the username of the user that created this record)
 - Name (the name of the user that created this record)
 - Email (the email of the user that created this record)
 - Country (the country of the user that created this record)

⁴Seems redundant but it is needed for the users that can see but cannot change this record as otherwise they would only see a bunch of numbers

1.3.4 Allow another user to view

- Section User you are sharing with:
 - User that can view: this uses a special interface to be able to handle hundreds or thousands of users, using simply a list of users would make it difficult to select the correct one in such a large list. Start by pressing the **magnifying glass** that appears at the right of that field, that will open an overlapping window. In that window use a combination of filtering (e.g. by country) and searching (by parts of the name, username or email) to narrow down the list until an user can be manually selected by clicking on its username, when that is done the overlapping window automatically closes and we are back in the previous window with the user **id** (a number) filled-in.
- Section View permissions (at least one permission should be given, otherwise that user will only see empty records):
 - Another user view permissions: select one or more of the following:
 - * Sports section
 - * Nutrition section
 - * Academics section
 - * Mindset section
 - * Sleep section
 - * Free time section
- Readonly automatically filled-in fields when the record is saved (used mostly for searching and filtering, it represents data about the user that created this record):
 - Created by (the username of the user that created this record)
 - Name (the name of the user that created this record)
 - Email (the email of the user that created this record)
 - Country (the country of the user that created this record)

1.4 Records only for partners

1.4.1 Users

Allows viewing information about the existing users. It is not possible from here to create new users (use “Batch create new users” for that).

- Section User
 - Name of User
 - Date of birth
 - Age
 - Sex (considered for sports category)
 - Country
 - Created by
 - Username
 - Password (not shown)
- Personal info
 - First name

- Last name
- Email address
- Permissions
 - Active (help text: Designates whether this user should be treated as active. Unselect this instead of deleting accounts.)
 - Staff status (help text: Designates whether the user can log into this admin site.)
 - Superuser status (help text: Designates that this user has all permissions without explicitly assigning them.)
 - Groups (help text: The groups this user belongs to. A user will get all permissions granted to each of their groups.)
 - User permissions (help text: Specific permissions for this user.)
- Important dates
 - Last login
 - Date joined

1.4.2 Batch create new users

Allows creating as many users as we want (e.g. 100 users) in a single operation using as input an Excel file with, in row 1 the header with these columns in this order: **first_name**, **last_name**, **name**, **email**, **sex**, **date_of_birth**, **username**. The users are specified in the following rows. A sample Excel file in this format can be [downloaded](#) from the link presented in the screen that appears when we create this record.

The **username** must start with a lowercase letter and then it can have lowercase letters, digits, underscores (_) or dots (.), if the Excel file contains uppercase letters in the username they will be converted to lowercase.

The **sex** (use F or M) and the **date_of_birth** are not mandatory but if they are not provided in the Excel file used to create the users (that is, if those cells are left empty) then the partner is unable to supply them later on, thus an effort should be made to provide that information. If the **name** is the concatenation of the **first_name** and the **last_name** then it can be created by putting in cell C2 of the Excel file the formula `=A2 & " " & B2` and vertically copying that formula.

The records of Batch create new users have the following fields:

- Description (help text: E.g. describe kind of users being created)
- [Upload](#) list of users using template (help text: Excel (.xlsx) template file filled-in with list of users (template can be downloaded from link provided at bottom))
- Result of batch creation of users (generated text, the best way to see it immediately is pressing **Save and view** instead of just **SAVE**, if some user was not created because the username already existed or was invalid its name will appear here)
- Quantity of users created
- Readonly automatically filled-in fields when the record is saved (used mostly for searching and filtering, it represents data about the user that created this record):
 - Created by (the username of the user that created this record)
 - Name (the name of the user that created this record)
 - Email (the email of the user that created this record)
 - Country (the country of the user that created this record)

- **Download Excel template** (template-add-new-users-bla-v01.xlsx, allows downloading the Excel template file that shows an example of the format that must be used above in “*Upload list of users using template*”)
- **Download passwords file** (WARNING: can be done ONLY ONCE, after that the file is encrypted with superuser public key, only superuser can recover it)
(For the time being it can be downloaded more than once but later on for security reasons it will be possible to download it only once)

1.4.3 Sports Categories

If a sports category does not exist just add its name (the name should start with an uppercase letter). It is also possible to change an existing name. The name **OTHER** should be left alone, it is to be used if an athlete is practicing a main sport that is not (yet) in the list.

1.5 User Permissions

All users created by a **partner** using batch create new users have the combined permissions of **active user** and **view user** (see list of permissions given below), nevertheless a *real active user* is practicing some sport and is studying, while a **view user** can be a coach, a family member or a friend (that is, they are not expected to create records of **ActiveUserSetup**, **ActiveUserDailyRecord**, **ActiveUserCompetitionOrExam** or **AllowAnotherUserToView** although they can if they want to). The same applies to **partner**, a partner has the combined permissions of **active user**, **view user** and can also create new sports categories and new users, but in practice it is expected that probably a partner will only create new users and extend the list of sports categories.

- The user permissions for **partner** are:
 - **SportsCategory**: add, change, delete, view
 - **BatchCreateNewUsers**: add, view
 - **ActiveUserSetup**: add, change, view
 - **ActiveUserCompetitionOrExam**: add, change, delete, view
 - **ActiveUserDailyRecord**: add, change, delete, view
 - **AllowAnotherUserToView**: add, change, delete, view
 - **User**: view
- The user permissions for **active user** are:
 - **ActiveUserSetup**: add, change, view
 - **ActiveUserCompetitionOrExam**: add, change, delete, view
 - **ActiveUserDailyRecord**: add, change, delete, view
 - **AllowAnotherUserToView**: add, change, delete, view
 - **User**: view (only indirectly while creating a record of **AllowAnotherUserToView**)
- The user permissions for **view user** are:
 - **ActiveUserSetup**: view (filtered to see only the sections that were shared with her/him)
 - **ActiveUserCompetitionOrExam**: view (filtered to see only the sections that were shared with her/him)
 - **ActiveUserDailyRecord**: view (filtered to see only the sections that were shared with her/him)

1.6 Things to pay special attention to during testing

1. An user being able to see things that user shouldn't be able to see
2. An user not being able to see things that user should be able to see
3. An user being able to change or delete things that user shouldn't be able to change or delete
4. An user not being able to change or delete things that user should be able to change or delete
5. Verify whether the information collected in the sports section is enough, whether the information collected in the academic section is enough, whether differences that currently exist between the information collected in the sports section and the academics section should be kept as they are or the counterpart from the other section should also be present in that section, etc. The same applies to the sections nutrition, mindset, sleep and free time.
6. Evaluate whether some of those sections are already too long thus they should be simplified to make them easier and faster to fill-in on a daily basis

1.7 Limitations and known bugs

1. The partner can only add new sports categories that do not exist, the problem is that any small change in the spelling or not using an uppercase at the beginning of a word (e.g. **basketball** instead of **Basketball**) will allow that entry to be created. If that happens just delete it.
2. To facilitate testing, two factor authentication (Yubikey or App Google Authenticator) is disabled
3. To facilitate testing, the Excel with the users password file can be downloaded more than once
4. If an user tries to create two "Active user Daily Record" for the same day a not very helpful error message will appear⁵: *"Ooops!!! 500 Looks like something went wrong!"*. A better and more intuitive error message is needed.
5. It is on purpose that it is not possible to delete an "Active user setup" record, it can be changed but it cannot be deleted. It would be nicer if a given "Active user setup" could not be deleted only if there were already for that same user at least one "Active user daily record" with a date later than the date of that "Active user setup"
6. It is possible to create an Active User Daily Record with a date⁶ that is earlier than the oldest Active User Setup, that causes an integrity problem because there are no goals to compare with

⁵In debug mode the error would be *IntegrityError at /selfuseradmin/belikeanathletedp/activeuserdailyrecord/add/ duplicate key value violates unique constraint "only_one_record_per_user_per_day"* DETAIL: Key (created_by_id, date)=(1, 2022-07-25) already exists.

⁶Current day or a maximum of 15 days in the past