# NAAN MUDHALVAN PROJECT UNIVERSITY OF MADRAS



**COLLEGE NAME**: AGURCHAND MANMULL JAIN COLLEGE

**COLLEGE CODE**: 1301

**SUBJECT: FRONTEND DEVELOPMENT WITH REACT.JS** 

**TOPIC**: FIT FLEX

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# **Project Documentation**

#### Introduction

**Project Title: FitFlex (Fitness Tracker)** 

#### **Team Members:**

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## **Project Overview**

#### **Purpose**

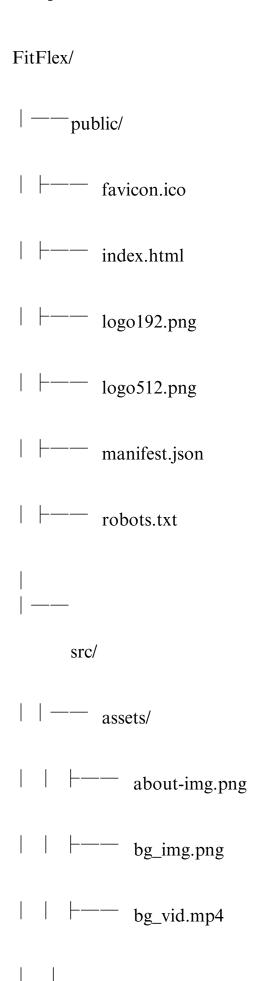
FitFlex is a web application designed to serve as a companion for fitness tracking devices. It provides users with real-time fitness data, workout progress, and health insights. The platform helps users monitor their activity levels, set fitness goals, and gain insights into their physical well-being.

#### **Features**

- Real-time activity tracking (steps, calories burned, heart rate, etc.)
- Personalized workout recommendations
- Goal setting and progress tracking
- Integration with popular fitness wearables
- Diet and nutrition insights
- Community and challenges for motivation
- Interactive data visualization for progress analysis
- Responsive design for accessibility on all devices

### **Architecture**

# **Component Structure**



	-	components/		
		├── About.jsx		
		Footer.jsx		
		├── Hero.jsx		
		├── HomeSearch.jsx		
		├── Navbar.jsx		
		pages/		
		├── BodyPartsCategory.jsx		
		├── EquipmentCategory.jsx		
		Exercise.jsx		
		├── Home.jsx		
styles/				
		├── About.css		
I		├── Categories.css		

-	Exercise.css
	Footer.css
	Hero.css
	Home.css
	HomeSearch.css
	Navbar.css
	· <del>_</del>
	App.css
	App.js
	App.test.js
	index.css
	index.js
	logo.svg
	reportWebVitals.js
	setupTests.js

——README.md
——package-lock.json
——package.json
State Management
FitFlex utilizes Redux Toolkit for efficient state management, with slices for:
• User Fitness Data
• Workout Logs
• Health Insights
• Community Challenges
Routing
<b>React Router</b> is employed to handle navigation between different pages, ensuring a seamless user experience.
Setup Instructions
Prerequisites
• Node.js (version 14.x or higher)
<ul> <li>npm package manager</li> </ul>
Installation

1. Clone the repository:

- 2. git clone:3. Navigate to the project directory:
- 4. cd FitFlex\_NaanMudhalvan
- 5. Install dependencies:
- 6. npm install

## **Folder Structure**

#### Client

```
src/
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  assets/→ Stores static media files like images and videos.
  components/ → Contains reusable UI components such as the Navbar, Footer, and Search.
  pages/ → Represents different views or pages of the application.
  styles/ → CSS files for styling various components.
  App.js → Main entry point for the React app.
  index.js → Renders the application into the DOM.
```

# **Running the Application**

To start the application locally:

npm start

This will launch the application at http://localhost:3000.

# **Component Documentation**

#### **Key Components**

• Navbar: Renders navigation links.

• **Dashboard:** Displays key fitness metrics.

• Workout Tracker: Allows users to log workouts.

• Health Insights: Provides analysis of health trends.

• Community: Engages users with challenges and discussions.

• Charts: Visualizes progress over time.

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#### **Reusable Components**

• **Fitness Card:** Displays workout or health-related data.

• Button: Custom-styled button for various actions

• Search Bar: Enables searching for fitness activities or challenges.

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## **State Management**

#### **Global State**

Used for data that needs to be shared across multiple components:

- User Profile: Stores user data like name, age, weight, and fitness goals.
- Workout Plans: Centralized storage for personalized fitness routines.
- Exercise Library: Maintains a list of available exercises categorized by type.
- **Progress Tracking**: Stores workout history and performance analytics.

# **Local State**

Used for UI-specific states within individual components.

• Search Input: Stores user input in the exercise search bar

- Form Data: Handles temporary inputs in registration or goal-setting forms
- Modal Visibility: Manages the opening and closing of pop-ups (e.g., work out details).
- Theme Selection: Toggles between light and dark mode for UI customization.

## **User Interface**

Screenshots or GIFs showcasing different UI features, such as pages, forms, or interactions.

# **Styling**

#### **CSS Frameworks/Libraries**

- The application uses **Ant Design** for consistent and responsive UI components.
- Theming

• Custom theming is applied using Ant Design's theming capabilities to align with the application's branding.

# **Testing**

## **Testing Strategy**

• The project employs **Jest** and **React Testing Library** for unit and integration testing of components and Redux slices.

## **Code Coverage**

• Code coverage is monitored using Jest's built-in coverage tools, aiming for comprehensive test coverage across all modules.

## **Screenshots or Demo**

#### Live Demo

https://drive.google.com/file/d/1BeHtHJ7IhPojGtvI0llqcZRvn9rcIw9F/view?usp=drivesdk

# **Known Issues**

- Integration with some fitness trackers may be limited.
- API rate limits for third-party fitness data sources
- Performance issues with large datasets of activity logs.

# **Future Enhancements**

- Dark mode toggle feature.
- AI-based workout recommendations.
- Real-time WebSocket updates for fitness stats.
- User authentication for personalized goal tracking.