1 PROJECT TITLE: FIT FLEX – FITNESS AND WELLNESS APP

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1. Introduction

- Project Title: Fit flex

- Team ID:NM2025TMID34863

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2. Project Overview

FitFlex is a fitness and wellness platform that helps users create custom workout plans, track nutrition, monitor goals, and stay motivated.

- Purpose: Promote healthy habits and lifestyle

- Features:

  - Workout planning

  - Diet and calorie tracker

  - Weekly reports

  - Mobile-responsive design

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3. Architecture

- Frontend: ReactJS with Bootstrap

- Backend: Node.js, Express.js – REST API

- Database: MongoDB for storing users, workouts, meals, goals

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4. Setup Instructions

- Prerequisites:

  - Node.js

  - MongoDB

- Tools:

  - Git

  - ReactJS

  - MongoDB Compass / VS Code

- Installation Steps:

  1. Clone repository

  2. Run npm install

  3. Set up .env

  4. Start both servers

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5. Folder Structure

FitFlex/
|
├── /frontend/

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├── /backend/
|   ├── /models/
|   ├── /routes/
|   └── /controllers/
```

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6. Running the Application

- Frontend:

  npm start- Backend:

  npm run dev

  - Runs on: http://localhost:3000

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7. API Documentation

- User:

  - POST /api/user/register

  - POST /api/user/login

- Workout:

  - POST /api/workout/add

  - GET /api/workout/view

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8. Authentication

- JWT-based secure login

- Middleware for protected routes

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9. User Interface

- Pages:

  - Login

  - Dashboard

  - Workout Tracker

  - Nutrition Page

  - Profile

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10. Testing

- Manual UI and API testing

- Tools: Postman, DevTools

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11. Screenshots or Demo

(Add screenshots of login, dashboard, API responses)

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12. Known Issues

- Delay in loading stats

- No push notifications

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13. Future Enhancements

- Sync with fitness devices

- Add community & challenges

- Weekly health tips