1 Project Title: Fit flex – Fitness and Wellness APP

1.Introduction

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-Team ID:NM2025TMID34863

-TEAM LEADER:

Reegan Rubert L -24ucs547@avasctnj.edu.in

-Team Members:

Ranjith R -24ucs546@avascthj.edu.in

Vinoth   V   -24ucs568@avascthj.edu.in

Vishnuvardhan s -24ucs571@avascthj.edu.in

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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

3.Architecture

-Frontend: ReactJS with Bootstrap

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

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

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/

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├—— /frontend/

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

6.Running the Application

-Frontend:

  npm start- Backend:

  npm run dev

  -Runs on: http://localhost:3000

7.API Documentation

-User:

  -POST /api/user/register

  -POST /api/user/login

-Workout:

  -POST /api/workout/add

  -GET /api/workout/view

8.Authentication

-JWT-based secure login

-Middleware for protected routes

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