

# FITNESS WEBSITE

CREATED BY  
CODE AND CRAFT



# INTRODUCTION

**PURPOSE:-** Create a Fullstack application for a fitness and wellness Platform.

**FRONTEND :-**

1. User Interface (UI).
2. Workout Routines and Nutrition Tracking.
3. Community Forum.
4. Streaming Session.

**BACKEND :-**

1. User Authentication and Authorization.
2. Database Management.
3. API Endpoints.

# TECHNOLOGIES WE USED

**Backend:** Node.js, Express.js, MongoDB or PostgreSQL

**Frontend:** HTML, CSS, JavaScript , Ejs.

**Authentication:** JWT (JSON Web Tokens)

**Database Integration:** Mongoose (for MongoDB)

**API Documentation:** Used tools like Swagger to document your RESTful APIs.

# FEATURES

Of Our Website

1. Diet Plan.
2. Customize Exercise.
3. Privacy Security
4. Everyday Tips



# THANK YOU

