

Project Documentation

Project Title

- Project Title: Fit Flex – Your Personal Fitness Companion
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2. Project Overview

- Purpose: Fit Flex helps users calculate BMI, explore workout plans, and track their fitness easily through a browser-based app.
- Features:
 - BMI Calculator for instant health insights
 - Workout and fitness plans browsing
 - Lightweight, quick, and runs in the browser
 - Responsive design for all devices
 - Clean and simple user interface

3. Architecture

- Frontend: HTML and CSS for structure and styling
- Backend: None (Static Web Application)
- Hosting: GitHub Pages for deployment

4. Setup Instructions

- Prerequisites: Web Browser, GitHub Account
- Installation Steps:
 - # Clone the repository: <https://github.com/Gobikasekhar/Gym.git>
 - # Open index.html in any browser

5. Folder Structure

Fit Flex/

|-- index.html # Main HTML file

|-- style.css # Styling for the project

|-- assets/ # Images, icons, or other resources

6. Running the Application

- Open index.html in any modern browser
- Hosted on GitHub Pages for easy access

7. Core Features

- BMI Calculator: Quick and accurate health indicator
- Fitness Plans: Ready-to-use workout guides
- Responsive Design: Works on desktop and mobile
- Lightweight: Runs instantly without setup

8. Real-Time Uses

- Personal health tracking at home
- Quick BMI check and fitness awareness
- Educational use in schools/colleges
- Beginner-friendly tool for fitness guidance

9. Conclusion

Fit Flex is a lightweight and practical fitness companion app.

It shows how HTML and CSS can be used to create a responsive, useful, and real-world application to promote everyday wellness.