FitFlex : Your Personal Fitness Companion

1.Introduction:

**PROJECT TITLE**: FITFLEX -YOUR PERSONAL FITNESS COMPANION.

**TEAM** **ID**: NM20025TMID43239

**TEAM SIZE**:4

**TEAM LEADER** : JOSHIKA S

**ROLE**: CODING AND DEVELOPMENT

**TEAM MEMBER**: DIVYA A

**ROLE**: CODING AND DEVELOPMENT

**TEAM MEMBER**: VAISHNAVI V

**ROLE**: CODING AND DEVELOPMENT

**TEAM MEMBER**: ASMITHA S

**ROLE**: CODING AND DEVELOPMENT

2.Project Overview:

* Purpose: The Purpose of FitFlex is to act as your personal fitness companion,helping you track workouts,moniter prograss,and stay motivated .

* Features: FitFlex features include personalized workout and diet plans,real-time prograss tracking ,and reminders.it also offers goal setting ,performance analytics,and motivation to maintain a healthy lifestyle.

3.Activity Tracking:

* Tracks steps,calories burned,distance,heart rate,and sleep cycles.
* Monitors daily activity levels and sedentary time.
* Provides real-time feedback to keep users active.

4.Personlized fitness plans:

* AI-driven workout recommendation based on user goals (weightloss,strength,endurance,flexiblity).
* Adapts routines according to fitness levels and progess.
* Offers home-based and gym-based exercise plans.

5.Code:

project-name/

public/

index.html/

favicon.ico/

src/

assets/