Fitflex:Your Personal fitness companion (Fitness Tracker) Documentation

# FitFlex: Your Personal Fitness Coach

# 1. Introduction

# Project Title FitFlex: Your Personal Fitness Coach

Team Members:

Kaviya R(Team lead)

S.Revathi

A.shakila devi

S.Gayathiri

R.Rajeshwari

FitFlex is a wearable fitness tracker that tracks users' physical activity, sleep patterns, and heart rate. The device is accompanied by a mobile application that displays tracked data and provides personalized recommendations for improvement.

2. Project Overview

- Project Name: FitFlex

- Project Type: Wearable Fitness Tracker with Mobile Application

- Project Objective: Design and develop a wearable fitness tracker that tracks users' physical activity, sleep patterns, and heart rate, accompanied by a mobile application that displays tracked data and provides personalized recommendations for improvement.

Key Features:

1. Activity Tracking (steps, distance, calories burned)

2. Sleep Tracking (duration, quality, stages)

3. Heart Rate Monitoring

4. Notification Alerts (calls, texts, app alerts)

5. Water Resistance (up to 50 meters)

6. Long-Lasting Battery (up to 7 days)

# 3. Architecture

Architecture

The FitFlex architecture consists of three main components:

Hardware Component

- Wearable Device: A wearable device that tracks users' physical activity, sleep patterns, and heart rate.

- Microcontroller: Handles data processing and storage.

- Sensors: Accelerometer, Gyroscope, Heart Rate Sensor.

- Bluetooth: Enables communication with the mobile application.

Software Component

- Mobile Application: A mobile application that communicates with the wearable device and displays tracked data.

- Programming Language: Java or Swift.

- Framework: Android SDK or iOS SDK.

Cloud Component

- Cloud Storage: Cloud storage that stores users' tracked data.

- Cloud Provider: Amazon Web Services (AWS) or Google Cloud Platform (GCP).

- Storage Solution: Amazon S3 or Google Cloud Storage.

# 4. Setup Instructions

Before starting, ensure that you have the following prerequisites installed:

* Node.js and npm
* React.js framework
* Basic understanding of JavaScript, HTML, and CSS

Installation Steps:

1. Clone the repository using Git.

2. Install the required dependencies using npm or yarn.

3. Configure the environment variables in the .env file.

4. Start the application using npm start or yarn start.

# 5. Folder Structure

The project directory is structured as follows:

• Components: Contains reusable UI components.

• Pages: Stores different views of the application.

• Styles: CSS files for styling various components.

• Assets: Contains images and static resources.

# 6. Running the Application

1. Start the wearable device and ensure it is connected to the mobile application.

2. Launch the mobile application on your Android or iOS device.

3. Sign in or create an account to access the application.

4. Navigate through the application to view tracked data and receive personalized recommendations.

# 7. Component Documentation

Key Components:

Wearable Device

- Accelerometer: Measures acceleration and movement.

- Gyroscope: Measures orientation and rotation.

- Heart Rate Sensor: Measures heart rate and rhythm.

- Bluetooth: Enables communication with the mobile application.

Mobile Application

- Login/Signup: Handles user authentication and account creation.

- Dashboard: Displays tracked data and provides personalized recommendations.

- Settings: Allows users to configure application settings and preferences.

# 8. State Management

The application uses Redux for state management.

# 9. User Interface & Styling

The UI is designed using Bootstrap and Tailwind CSS for a modern and responsive experience.

Key UI Elements:

• Hero Section: Briefly introduces the application.

• Recipe Grid: Displays popular and trending recipes.

• Filter Panel: Helps users refine their search results.

# 10. Testing & Known Issues

Testing Approach: Uses Jest and React Testing Library for unit testing components.

Known Issues:

• Some API responses may cause slow loading times.

• Certain CSS styles may not render correctly on older browsers.

# 11. Future Enhancements

1. Integration with Popular Fitness Apps: Integrate FitFlex with popular fitness apps to provide a seamless experience.

2. Advanced Analytics: Provide advanced analytics and insights to help users optimize their fitness routine.

3. Social Sharing: Allow users to share their progress and achievements on social media platforms.