Project Documentation

FITTLEX YOUR PERSONAL FITNESS

1.Introduction

The FITTLEX YOUR PERSONAL FITNESS project is an innovative React-based application designed specifically for cooking enthusiasts. Its primary goal is to facilitate the management and exploration of recipes, allowing users to create, edit, and share their culinary creations

• Project Title: FITTLEX YOUR PERSONAL FITNESS

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1.Project Overview

FitFlex is a personal fitness project designed to help individuals track and achieve their fitness goals. It provides a comprehensive platform for users to log workouts, monitor progress, and set customized fitness plans. With features like nutrition guidance, motivation, and support, FitFlex aims to empower users to take control of their fitness journey and reach their full potential. By leveraging technology and personalized approaches, FitFlex helps users build healthy habits, increase motivation, and achieve sustainable results.

• Purpose: SB Works connects clients and freelancers through project postings, bidding, and

real-time communication.

• Features:

– Project posting and bidding

– Secure chat system

– Feedback and review system

– Admin control panel

3. Architecture

• Frontend: React.js with Bootstrap and Material UI

• Backend: Node.js and Express.js managing server logic and API endpoints

• Database: MongoDB stores user data, project information, applications, and chat messages

4. Setup Instructions

• Prerequisites:

– Node.js

– MongoDB

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– Git

– React.js

– Express.js – Mongoose – Visual Studio Code

• Installation Steps:

# Clone the repository git clone

# Install client dependencies cd

client npm install

# Install server dependencies cd

../server npm install

5. Folder Structure

SB-Works/

|-- client/ # React frontend

|\_\_components/

L\_\_ pages/

|\_\_ server/ # Node.js backend

|\_\_routes/

|\_\_ models/

|\_\_ controllers/

6. Running the Application

• Frontend:

cd client

npm start •

Backend:

cd server npm

start

• Access: Visit http://localhost:3000

7. API Documentation

• User:

– /api/user/register

– /api/user/login

• Projects:

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– /api/projects/create

– /api/projects/:id • Applications: /api/apply

• Chats:

– /api/chat/send

– /api/chat/:userId

8. Authentication

• JWT-based authentication for secure login

• Middleware protects private routes

9. User Interface

• Landing Page

• Freelancer Dashboard

• Admin Panel

• Project Details Page

10. Testing

• Manual testing during milestones

• Tools: Postman, Chrome Dev Tools

11. Screenshots or Demo

12. Known Issues

13. Future Enhancements