**Project Design Phase**

**Proposed Solution Template**

|  |  |
| --- | --- |
| Date | 10 March 2025 |
| Team ID | SWTID1741156460 |
| Project Name | FitFlex: Your Personal Fitness Companion |
| Maximum Marks | 2 Marks |

|  |  |  |
| --- | --- | --- |
| **Team ID:** SWTID1741156460 | | |
| **Members** | **Student Name** | **Email ID** |
| Team Leader | Preethi S | [sureshauto536@gmail.com](mailto:sureshauto536@gmail.com) |
| Member 1 | Preethika M | [preethikakalai05@gmail.com](mailto:preethikakalai05@gmail.com) |
| Member 2 | Mahalakshmi R | [mahalakshmirselvi7@gmail.com](mailto:mahalakshmirselvi7@gmail.com) |
| Member 3 | Mahalakshmi S | [maha87299@gmail.com](mailto:maha87299@gmail.com) |

**Proposed Solution Template:**

|  |  |  |
| --- | --- | --- |
| **S.No.** | **Parameter** | **Description** |
|  | Problem Statement (Problem to be solved) | Many users struggle to find structured, easy-to-follow workout plans tailored to their needs (body parts, available equipment). Existing resources are either scattered, unstructured, or behind paywalls. |
|  | Idea / Solution description | A React.js-based fitness web application that allows users to discover exercises categorized by body parts and equipment. The application integrates with ExerciseDB API to provide real-time workout information, images, and descriptions. |
|  | Novelty / Uniqueness | Free and structured access to categorized workouts. |