1. Team overview

Team ID: NM2025TMID42671

Project Documentations

FitFlex: Your Personal Fitness Companion

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1. Project Overview
   * Purpose:

To provide users with a personal ﬁtness companion app that helps track workouts, view health tips, and build a healthy lifestyle.

* + Features:

User-friendly design, workout tracking, and responsive interface.

1. Architecture
   * Component Structure:

Major components include Header, WorkoutList, Tips, and Footer. Each component is modular and reusable.

* + State Management:

Handled using React’s useState hook for local state and props for data sharing between components.

1. Setup Instructions
   * Prerequisites:

Node.js and npm must be installed.

* + Installation:

Extract the project folder open in VS Code run npm install run npm

start

1. Folder Structure
   * Client:

Contains src/ folder with components, assets, and styles.

* + Utilities:

Includes helper functions like hooks and reusable CSS.

1. Running the Application

Use the command: npm start in the project folder. The app runs locally at http:// localhost:3000.

1. Component Documentation
   * Key Components:

Header (navigation), Workout (exercise details), Footer (app info).

* + Reusable Components:

Buttons and cards are reused across multiple pages

1. State Management
   * Global State:

Not required since app is simple; React local state is enough.

* + Local State:

useState manages form inputs, workout lists, and UI updates.

1. Styling

CSS Frameworks/Libraries:

Plain CSS and React’s built-in styling.

* + Theming:

Clean, minimal theme with focus on ﬁtness and wellness.

1. Testing
   * Testing Strategy:

Manual testing by running app on localhost and checking all components.

* + Code Coverage:

Veriﬁed that all pages load correctly and interactions work.

1. Known Issues

Some warnings appear during compilation, but app still runs successfully. Limited features compared to a fully deployed ﬁtness app.

1. Future Enhancements

Add a BMI calculator and diet planner.

Implement user login system for personalized tracking.



