FitFlex Project Documentation

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Project Overview

FitFlex aims to provide users with personalized fitness plans, workout tracking, and health monitoring tools to enhance their fitness journey.

Features:

- User registration and profile management

- Personalized workout routines

- Progress tracking with visual analytics

- Integration with wearable devices

- Community forums for user interaction

Architecture

The application is built using React.js, with a modular component structure. Major components include:

- Header: Navigation bar and branding

- Dashboard: Displays user statistics and progress

- WorkoutPlan: Manages and displays workout routines

- CommunityForum: User interaction platform

Setup Instructions

Prerequisites:

- Node.js (version 14.x or higher)

- npm (version 6.x or higher)

Installation:

1. Clone the repository: git clone https://github.com/username/fitflex.git

2. Navigate to the project directory: cd fitflex

3. Install dependencies: npm install

4. Set up environment variables by creating a .env file based on .env.example

Running the Application

To start the frontend server locally:

1. Navigate to the project directory: cd fitflex

2. Start the server: npm start

3. Access the application at http://localhost:3000

Future Enhancements

- Integration with additional wearable devices.

- Implementation of AI-driven personalized workout recommendations.

- Development of a mobile application for iOS and Android platforms.