Main question:

Which framework or library would be the most suitable option for developing a front-end web application for the Fit buddy project?

Sub-questions:

What one is the most popular libraries and frameworks nowadays?

How does a framework differ from a library?

What are the features of each option?

What are the limitations or restrictions of each framework?

How web sockets work between them and what differences there are?

How to Asynchronous programming works between them?