

# Fitflex -Project Documentation

## Introduction

Project Title:

Fitflex

Team Members:

Sudarshan K

Lingesh V

Meshak S

Kishore S

## Project Overview

Purpose:

Fitflex is a comprehensive fitness tracking platform designed to help users monitor their workouts, nutrition, and progress over time.

Features:

Personalized workout plans

Exercise tracking with progress visualization

Nutrition and calorie tracking

Goal setting and achievement tracking

User authentication

Community forum for user interactions

Integration with smart fitness devices

# Architecture

## Component Structure:

Header: Navigation bar

Dashboard: User progress overview

Workout Tracker: Logging workouts and exercises

Nutrition Tracker: Monitoring food intake and calorie consumption

Goals & Achievements: Setting and tracking fitness goals

Community Forum: User discussions and support

## State Management:

Using Redux Toolkit for global state management.

## Routing:

Implemented with React Router:

Home (/)

Workout Tracker (/workouts)

Nutrition Tracker (/nutrition)

Goals (/goals)

Community (/community)

## Setup Instructions

### Prerequisites:

Node.js npm

or yarn

React.js

Redux Toolkit

## Installation:

1. Clone the repository:

```
git clone https://github.com/your-repo/fittrack.git
```

2. Navigate to the project directory:

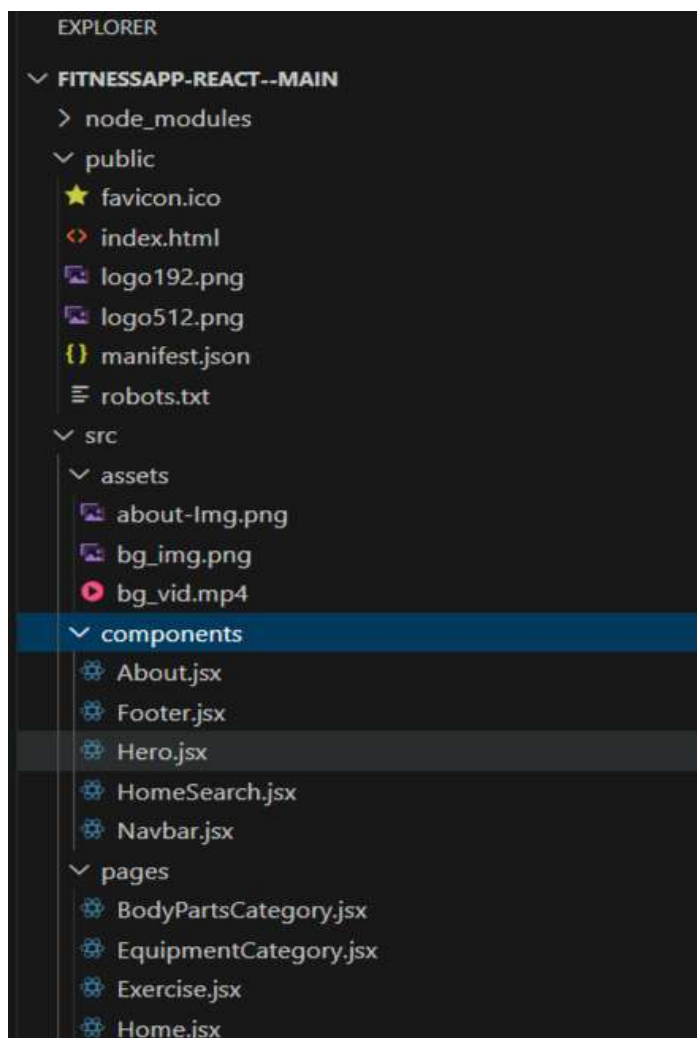
```
cd fittrack
```

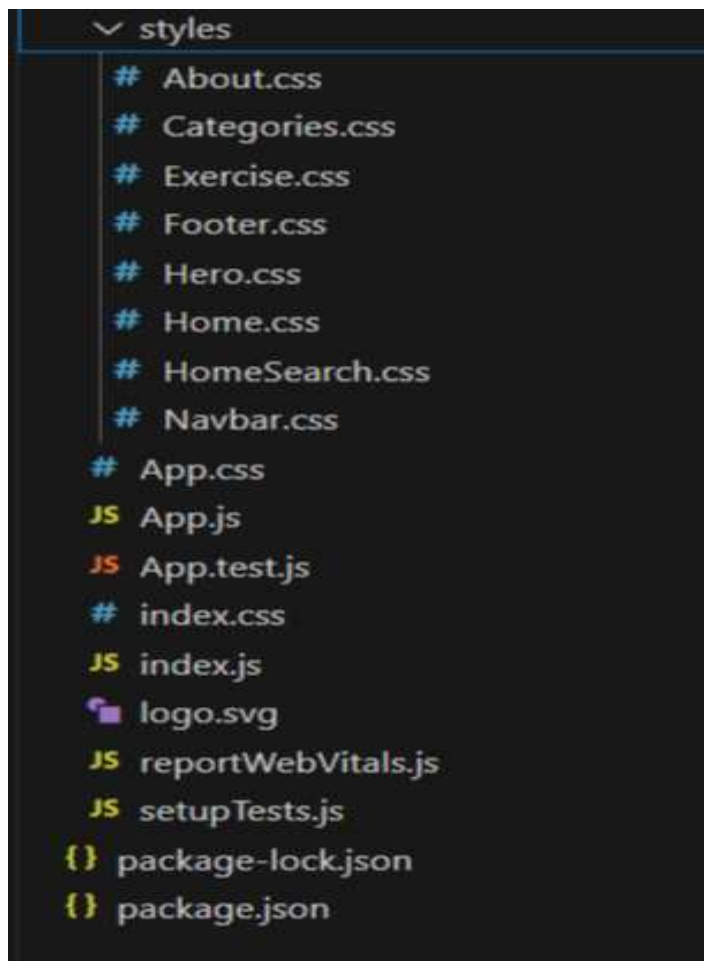
3. Install dependencies:

```
npm install
```

4. Configure environment variables (if required).

## Folder Structure





Coding:

About page

About.jsx

```
import React from 'react'
```

```
import '../styles/About.css'
```

```
import aboutImg from '../assets/about-lmg.png'
```

```
const About = () => {
```

```
  return (
```

```
<div className='about-container' id='about'>
```

```
<div className="about-image">
```

```
<img src={aboutImg} alt="" />
```

```
</div>
```

```
<div className="about-text">
```

```
<span>
```

```
<div className="about-line" />
```

```
<h5>About Us</h5>
```

```
</span>
```

```
<h3>Embark on a Fitness Odyssey with SB Fitzz.. </h3>
```

```
<p>Welcome to SB Fitzz, where the beat of cutting-edge workouts  
harmonizes with the contagious enthusiasm of a community that's more like  
family. Our mission? To help you unleash your full potential, one energizing  
workout at a time. Embark on a fitness journey that's not just about exercise; it's  
a dance of self-discovery and empowerment. Join the movement. Find your  
rhythm. Redefine fitness. This is SB Fitzz, where every step you take brings you  
closer to the best version of yourself.</p>
```

```
</div>
```

```
</div>
```

```
)
```

```
}
```

```
export default About
```

About.css

```
.about-container{
```

```
    height: 90vh;
```

```
    display: grid;
```

```
    align-items: center;
```

```
    grid-template-columns: 50% 50%;
```

```
}
```

```
.about-image{
```

```
    display: flex;
```

```
    justify-content: center;
```

```
    align-items: center
```

```
}
```

```
.about-image img{
```

```
    height: 70vh;
```

```
    width: 28vw;
```

```
    box-shadow: 10px 10px tomato;
```

```
    border-radius: 0.3rem;
```

```
}
```

```
.about-text{
```

```
    width: 90%;
```

```
}
```

```
.about-text span{
```

```
    display: flex;
```

```
    align-items: center;
```

```
    gap: 10px;
```

```
}
```

```
.about-text span .about-line{
```

```
    height: 2px;
```

```
    width: 50px;
```

```
    background-color: tomato;
```

```
    margin: 0;
```

```
}
```

```
.about-text span h5{
```

```
margin: 0;

font-size: 1.4rem;

font-weight: 400;

color: tomato;

}
```

```
.about-text h3{

  font-size: 2.5rem;

  margin: 0;

  color: rgb(42, 42, 42);

}
```

```
.about-text p{

  font-size: 1.2rem;

  color: rgb(62, 62, 62);

}
```

Home page:

Home.jsx

```
import React from 'react'
```

```
import './styles/Home.css'
```

```
import Hero from '../components/Hero'
```



```
import About from '../components/About'

import HomeSearch from '../components/HomeSearch'
```

```
const Home = () => {
  return (
    <div>
      <Hero />
      <About />
      <HomeSearch />
    </div>
  )
}
```

```
export default Home
```

Index.html

```
<!DOCTYPE html>

<html lang="en">

  <head>

    <meta charset="utf-8" />

    <link rel="icon" href="%PUBLIC_URL%/favicon.ico" />

    <meta name="viewport" content="width=device-width, initial-scale=1" />

    <meta name="theme-color" content="#000000" />
```

```
<meta
  name="description"
  content="Web site created using create-react-app"
/>
<link rel="apple-touch-icon" href="%PUBLIC_URL%/logo192.png" />

<link rel="manifest" href="%PUBLIC_URL%/manifest.json" />

<title>React App</title>
</head>
<body>
  <noscript>You need to enable JavaScript to run this app.</noscript>
  <div id="root"></div>

</body>
</html>
```

Index.css

```
@import
url('https://fonts.googleapis.com/css2?family=Poppins:wght@200;300;400;500;
600;700;800;900&family=Teko:wght@400;600;700&family=Whisper&display=sw
ap');

body {
```

```
margin: 0;

font-family: 'Teko', sans-serif;

-webkit-font-smoothing: antialiased;

-moz-osx-font-smoothing: grayscale;
}


code {

  font-family: source-code-pro, Menlo, Monaco, Consolas, 'Courier New',
    monospace;
}


/*

font-family: 'Poppins', sans-serif;

font-family: 'Teko', sans-serif;

font-family: 'Whisper', cursive; */
```

## App.js

```
import { Route, Routes } from 'react-router-dom';

import './App.css';

import Home from './pages/Home';

import Exercise from './pages/Exercise';


import Navbar from './components/Navbar';
```

```
import Footer from './components/Footer';

import BodyPartsCategory from './pages/BodyPartsCategory';
import EquipmentCategory from './pages/EquipmentCategory';

function App() {
  return (
    <div className="App">

      <Navbar />

      <Routes>
<Route path="/" element={<Home />} />
      <Route path="/bodyPart/:id" element={<BodyPartsCategory />} />
      <Route path="/equipment/:id" element={<EquipmentCategory />} />
      <Route path="/exercise/:id" element={<Exercise />} />
    </Routes>

    <Footer />

  </div>
);
}

export default App;
```

App.css

```
body {  
    margin: 0;  
  
    font-family: -apple-system, BlinkMacSystemFont, 'Segoe UI', 'Roboto',  
'Oxygen', 'Ubuntu', 'Cantarell', 'Fira Sans', 'Droid Sans', 'Helvetica Neue', sans-  
serif;  
  
    -webkit-font-smoothing: antialiased;  
    -moz-osx-font-smoothing: grayscale;  
  
    background-color: #f5f5f5;  
}
```

```
code {  
    font-family: source-code-pro, Menlo, Monaco, Consolas, 'Courier New',  
monospace;  
}
```

```
.App {  
    text-align: center;  
}
```

```
.App-logo {  
    height: 40vmin;  
    pointer-events: none;  
}
```

```
.App-header {  
  background-color: #282c34;  
  min-height: 100vh;  
  display: flex;  
  flex-direction: column;  
  align-items: center;  
  justify-content: center;  
  font-size: calc(10px + 2vmin);  
  color: white;  
}
```

```
.App-link {  
  color: #61dafb;  
}
```

## Running the Application

To start the development server:

```
npm start
```

## Component Documentation

Key Components:

WorkoutCard: Displays an overview of a specific workout

NutritionLog: Tracks daily calorie intake

ProgressChart: Visualizes user progress

CommunityFeed: Displays user discussions and posts

## Reusable Components:

Button: Customizable button component

Loader: Loading animation component

## State Management

Global State: Managed using Redux Toolkit

Local State: Managed with React's useState Hook

## Styling

Using Tailwind CSS with a custom theme for a modern UI.

## Testing

Testing Strategy:

Unit Testing: Jest & React Testing Library Integration

Testing: Cypress for E2E tests

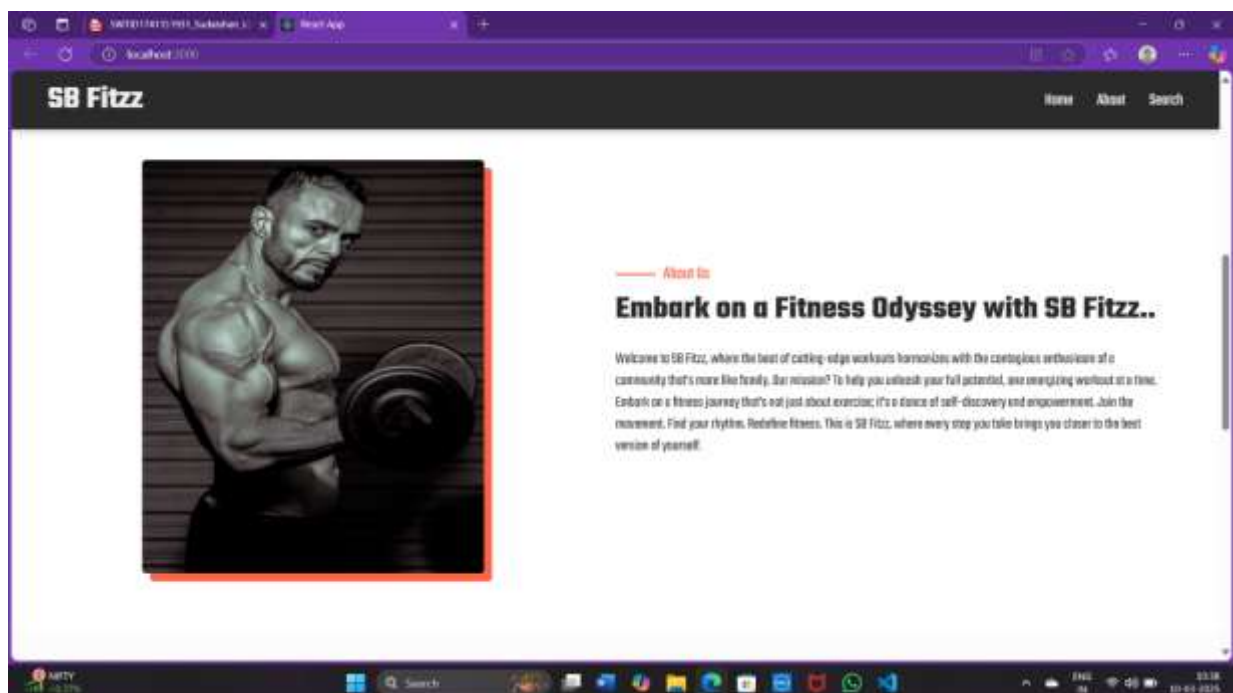
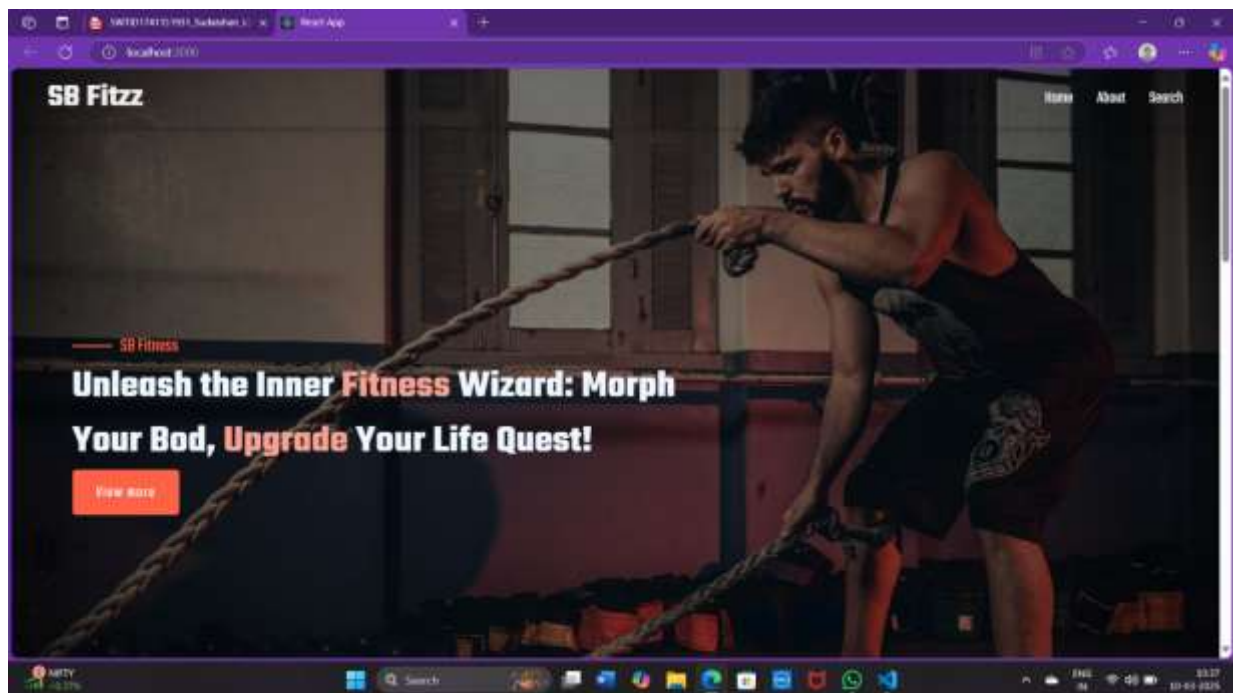
## Screenshots or Demo

Project

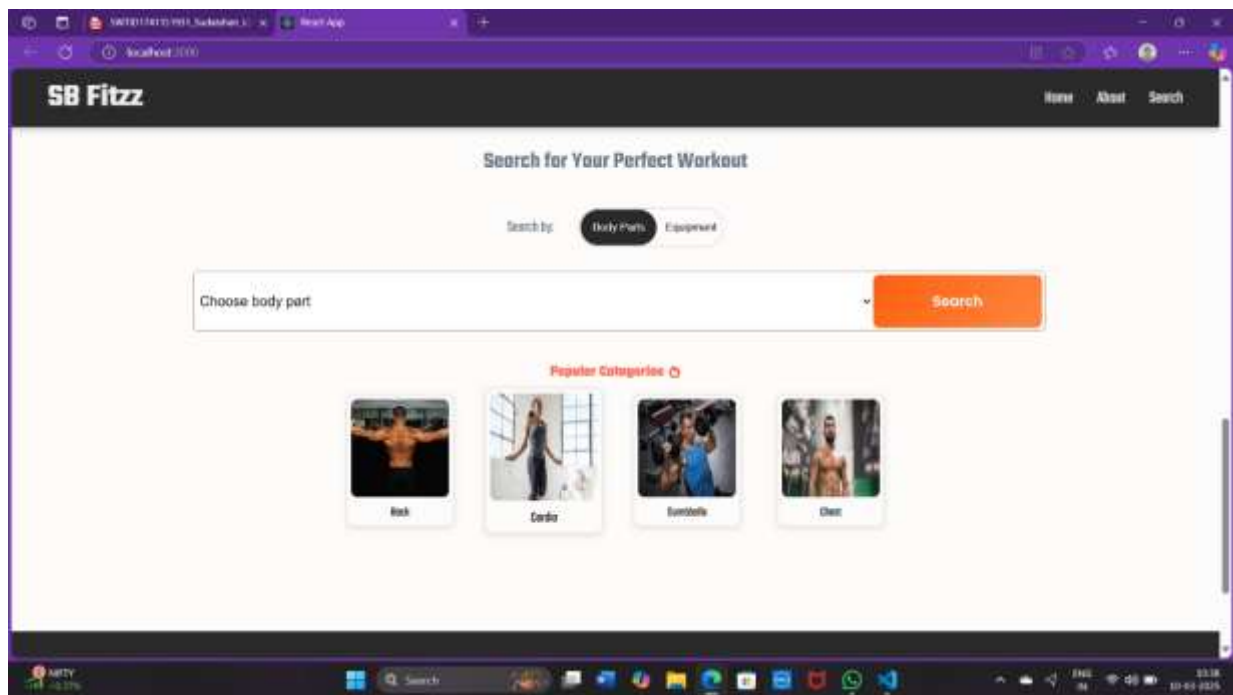
Demo: [https://drive.google.com/file/d/1kkYFiO\\_jAXwBainCbwYKuqbdhLeY9dV/view?usp=drive\\_link](https://drive.google.com/file/d/1kkYFiO_jAXwBainCbwYKuqbdhLeY9dV/view?usp=drive_link)

[e link](#) GitHub Repository: [https://github.com/Sudarshaaan/fitness\\_app.git](https://github.com/Sudarshaaan/fitness_app.git)

Screenshot:







## Known Issues

API rate limits may affect real-time updates.

Dark mode support is in progress.

## Future Enhancements

AI-driven workout recommendations

Push notifications for reminders

Integration with wearables (Fitbit, Apple Watch, etc.)

Social challenges and leaderboards

This documentation provides a clear and structured overview of your fitness app. Let me know if you need modifications!