

# Fitness app - Project Documentation

## Introduction

**Project Title:** Fitness app

**Team Members:**

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- M.Anbu

## Project Overview

### Purpose:

Fitness is a React.js-based fitness application designed to provide users with personalized workout routines, exercise tracking, and fitness guidance.

### Features:

- Personalized workout plans
- Exercise tracking and progress monitoring
- Fitness guidance and recommendations
- Integration with **RapidAPI** for extensive exercise data •
- User authentication

## Architecture

### Component Structure:

- **Header:** Navigation bar
- **Dashboard:** Personalized user dashboard
- **Workout Planner:** Exercise routines based on fitness goals •
- **Exercise Tracker:** Logs user progress
- **Guidance Section:** Fitness tips and recommendations

### State Management:

Using **Redux Toolkit**

### Routing:

React Router with paths:

- **Home** (/)

- **Workout Planner** (/workout-planner)
- **Exercise Tracker** (/exercise-tracker)
- **Guidance** (/guidance)

## Setup Instructions

### Prerequisites:

- **Node.js**
- **npm**
- **React.js**
- **Redux Toolkit**

### Installation:

1. Clone the repository:
2. `git clone https://github.com/your-repo/fitness.git`
3. Install dependencies:
4. `npm install`
5. Configure environment variables

### Folder Structure

/fitflex

```
|— /src
| |— /components
| |— /pages
| |— /redux
| |— /utils
| |— /assets
|— package.json
|— README.md
```

### Running the Application

To start the development server: [GitHub-Suvaitha17/fitnessApp](https://github.com/Suvaitha17/fitnessApp)

`npm start`

## Component Documentation

### Key Components:

- **WorkoutCard:** Displays workout details •
- ExerciseTracker:** Logs and tracks workouts •
- GuidanceFeed:** Provides fitness tips

### Reusable Components:

- **Button:** Customizable button component •
- Loader:** Loading animations

### State Management

- **Global State:** Managed using **Redux Toolkit** •
- Local State:** Managed with React's `useState`

### Styling

Using **Tailwind CSS** for a modern UI

### Testing

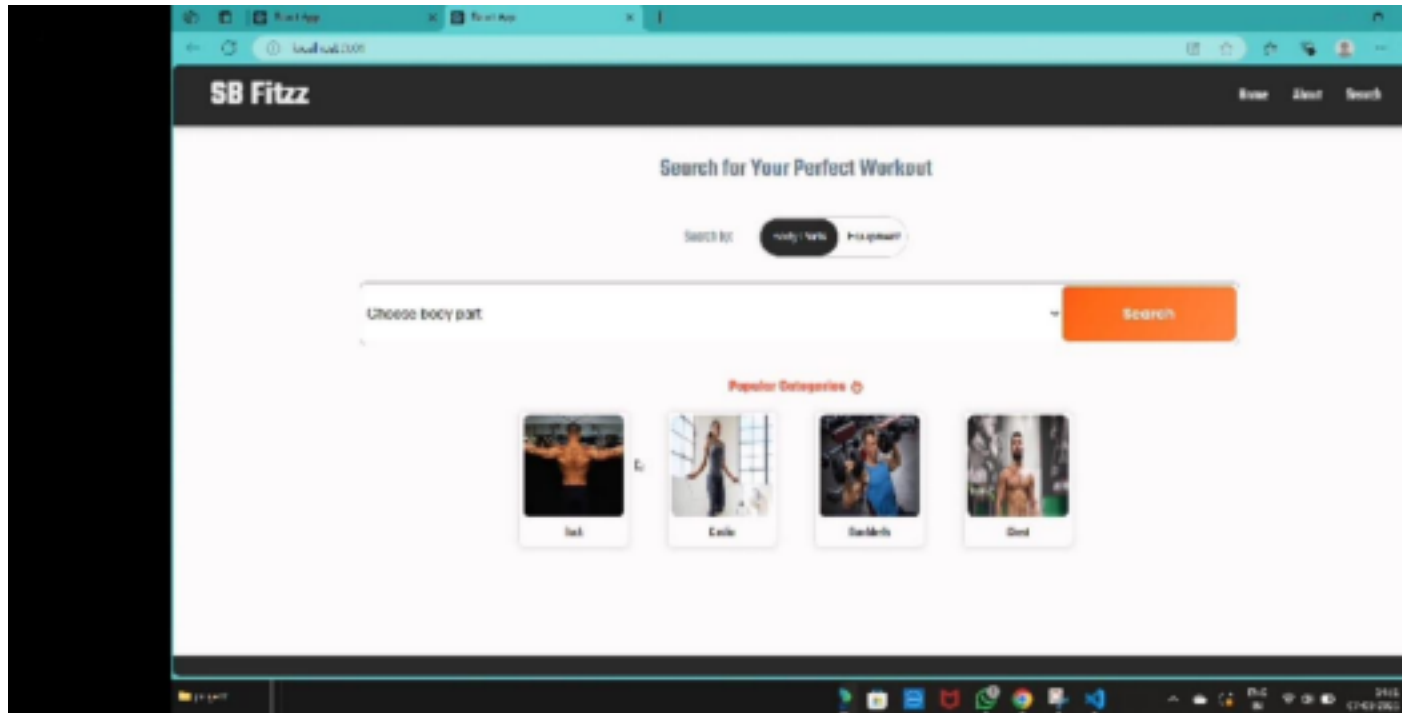
#### Testing Strategy:

- **Unit Testing:** Jest & React Testing Library •
- Integration Testing:** Cypress for end-to-end tests

### Screenshot& Demo:

project demo link: [fitness demo.mp4](#)

screenshot :



### Known Issues

- API rate limits may affect exercise data retrieval.
- Dark mode support in progress.

### Future Enhancements

- AI-based workout recommendations
- Integration with wearable fitness trackers
- Social features (leaderboards, challenges)