

Project Documentation

FitFlex: Your Personal Fitness Companion

1. Introduction

- Project Title: FitFlex – Your Personal Fitness Companion
- Team ID: NM2025TMID47624
- Team Leader: YOHESH SARAN S & yoheshsaran23@gmail.com
- Team Members:
 - KABILAN S & kabilansrinivasan07@gmail.com
 - VIJAYAKUMAR M & vijayakumarm2032007@gmail.com
 - KARTHIKEYAN S & keyamk7@gmail.com
 - KARTHI G & karthig7710@gmail.com

2. Project Overview

- Purpose: The overarching aim of FitFlex is to offer an accessible platform tailored for individuals passionate about fitness, exercise, and holistic well-being.
- Features:
 - Exercises from Fitness API
 - Visual Exercise Exploration
 - Intuitive and User-Friendly Design
 - Advanced Search Feature

3. Architecture

- Frontend: React.js with Bootstrap and Material UI
- Backend: Node.js and Express.js managing server logic and API endpoints
- Database: MongoDB stores user data, project information, applications, and chat messages

4. Setup Instructions

- Prerequisites:
 - Node.js
 - MongoDB
 - Git
 - React.js
 - Express.js
 - Mongoose
 - Visual Studio Code

5. Folder Structure

```
FitFlex/  
├ node_modules/  
├ public/  
├ src/  
│ ├── assets/  
│ ├── components/  
│ ├── pages/  
│ └ styles/
```

6. Running the Application

- **Frontend:**
cd client
npm start
- **Backend:**
cd server npm
start
- **Access:** Visit <http://localhost:3000>

7. API Documentation

- **User:**
 - /api/user/register
 - /api/user/login
- **Projects:**
 - /api/projects/create
 - /api/projects/:id
- **Applications:**
 - /api/apply
- **Chats:**
 - /api/chat/send
 - /api/chat/:userId

8. Authentication

- JWT-based authentication for secure login
- Middleware protects private routes

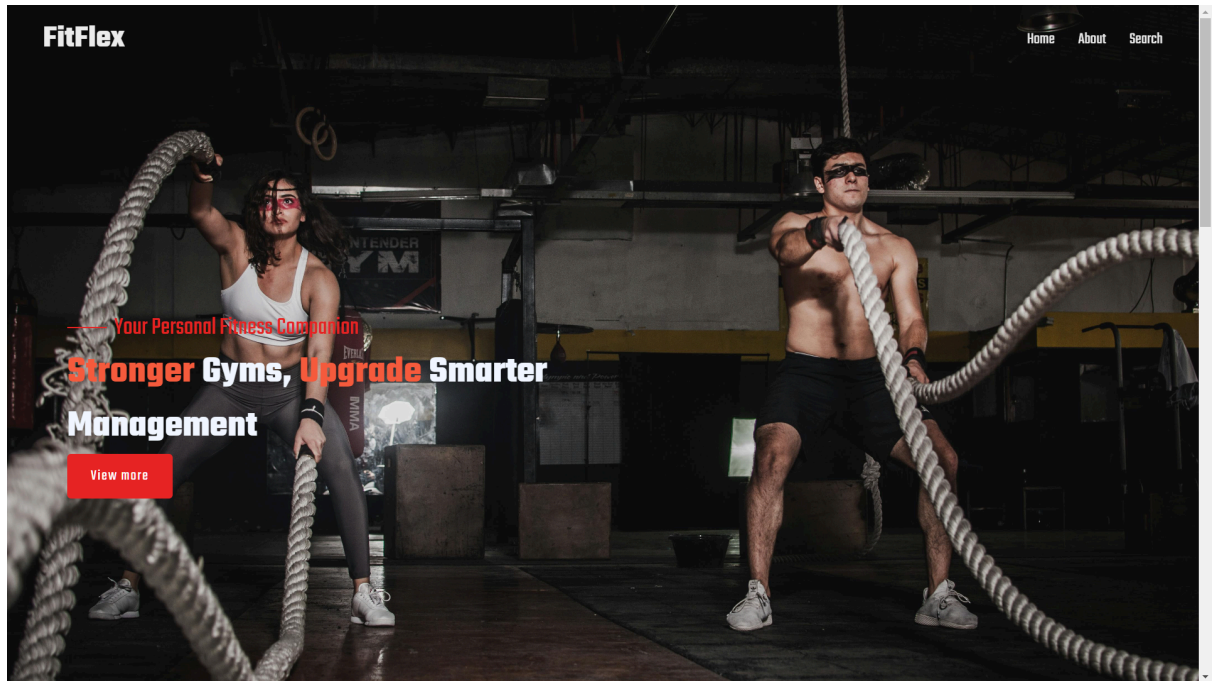
9. User Interface

- Landing Page
- Freelancer Dashboard
- Admin Panel
- Project Details Page

10. Testing

- Manual testing during milestones
- Tools: Postman, Chrome Dev Tools

11. Screenshots or Demo



Drive link of Demo Video:

<https://drive.google.com/file/d/1vLL1AcFmSic7qyvKGbha39U1JaEspz7I/view?usp=sharing>

12. Known Issues:

Some API problems occur, some images are not loading.

13. Future Enhancements:

The known issues will be fixed in future.