1. **Introduction**

* **Project Title: FitFlex - Your Personal Fitness Companion**
* **Team ID: NM2025TMID47624**
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1. **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**

1. **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**

1. **Setup Instructions**

* **Prerequisites:**

**– Node.js**

**– MongoDB**

**– Git**

**– React.js**

**– Express.js**

**– Mongoose**

**– Visual Studio Code**

1. **Folder Structure**

**FitFlex/**

**├ node\_modules/**

**├ public/**

**├ src/**

**├ assets/**

**├ components/**

**├ pages/**

**├ styles/**

1. **Running the Application**

* **Frontend:**

**cd client**

**npm start**

* **Backend:**

**cd server npm**

**start**

* **Access: Visit htp://localhost:3000**

1. **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**

1. **Authentication**

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

1. **User Interface**

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

1. **Testing**

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

1. **Screenshots or Demo**

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**Drive link of Demo Video:** [**https://drive.google.com/file/d/1vLL1AcFmSic7qyvKGbha39U1JaEspz7I/view?usp=sharing**](https://drive.google.com/file/d/1vLL1AcFmSic7qyvKGbha39U1JaEspz7I/view?usp=sharing)

1. **Known Issues:**

**Some API problems occur, some images are not loading.**

1. **Future Enhancements:**

**The known issues will be fixed in future.**