

# Project Documentation

## Fit Flex: your personal Fitness Companion

### 1.Introduction

Project Title: Fit Flex : Your Personal Fitness Companion

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### 2. Project Overview

Fit flex is designed to help users archive their fitness goals by providing personalised workouts plans, exercise tracking and progress monitoring. This platform offers intuitive navigation , motivating features and Insightful analytics to enhance the user fitness journey.

Features:

Personalised workout plans

Progress tracking and goal setting

Daily workout reminders

Responsive design for mobile and desktop

### 3. Architecture

Component structure:

App.js – Root component that manages layout and routing

Header . js – Navigation bar with search functionality  
worklist.js – Displays categorised workout plans

Workoutcard.js -Individual workout details with instruction

Workout details.js – Display step-by-step workout guidance

Footer. Js – Provides useful fitness tips and motivation quotes

Setup Instructions:

Prerequisites: pro

Node.js

Git

React.js

Express.js – Visual Studio Code    Installation Steps:

# Clone the repository  
git clone

# Install client dependencies

cd client  
npm install

# Install server dependencies  
cd

../server  
npm install

## 5. Folder Structure

SB-Works/

|– client/ # React frontend

|\_\_components/

|\_\_ pages/

|\_\_ server/ # Node.js 6.

## Running the Application

Frontend:

cd client

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

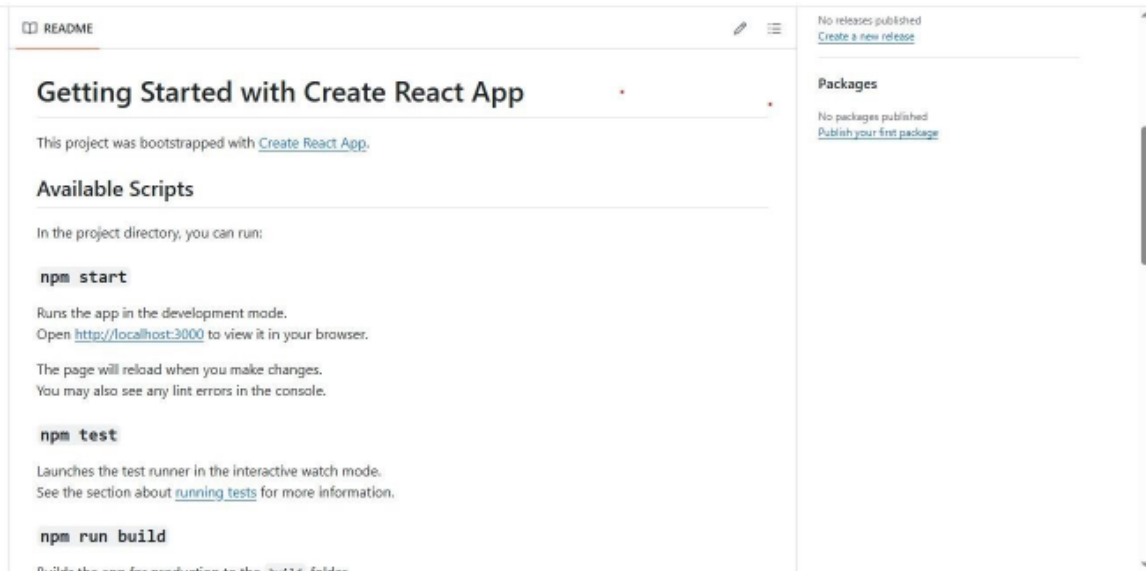
## 10. Testing

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

## 11. Screenshots

```
1 # Getting Started with Create React App
2
3 This project was bootstrapped with [Create React App](https://
4   github.com/facebook/create-react-app).
5
6 ## Available Scripts
7
8 In the project directory, you can run:
9
10 ### `npm start`
11
12 Runs the app in the development mode.
13 Open [http://localhost:3000](http://localhost:3000) to view it
14 in your browser.
15
16 The page will reload when you make changes.
17 You may also see any lint errors in the console.
18
19 ### `npm test`
20
21 Launches the test runner in the interactive watch mode.
22 See the section about [running tests](https://facebook.github.io/
23   create-react-app/docs/running-tests) for more information.
24
25 ### `npm run build`
26
27 Builds the app for production to the `build` folder.
28 It correctly bundles React in production mode and optimizes the
29 build for the best performance.
30
31 The build is minified and the filenames include the hashes.
32 Your app is ready to be deployed!
```

```
1 {
2   "name": "news-app",
3   "version": "0.1.0",
4   "private": true,
5   "dependencies": {
6     "@testing-library/jest-dom": "^5.17.0",
7     "@testing-library/react": "^13.4.0",
8     "@testing-library/user-event": "^13.5.0",
9     "axios": "^1.6.2",
10    "bootstrap": "^5.3.2",
11    "react": "^18.2.0",
12    "react-bootstrap": "^2.9.1",
13    "react-dom": "^18.2.0",
14    "react-icons": "^4.12.0",
15    "react-router-dom": "^6.21.0",
16    "react-scripts": "5.0.1",
17    "web-vitals": "^2.1.4"
18  },
19  "scripts": {
20    "start": "react-scripts start",
21    "build": "react-scripts build",
22    "test": "react-scripts test",
23    "eject": "react-scripts eject"
24  },
25  "eslintConfig": {
26    "extends": [
27      "react-app",
28      "react-app/jest"
29    ]
30  },
31  "browserslist": {
```



## 12. Known Issues

- API Rate Limits
- Server Problem
- Navigation Glitches

## 13. Future Enhancements

- Analytics Dashboard
- Search Functionality
- User Authentication