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Fitness Management Web Application

Project Documentation

1. Project Overview

The Fitness Management Web Application is a full-stack web-based platform designed to help users explore fitness-related services such as gyms, workouts, trainers, and subscription plans. Visitors can freely browse all content, while registered users can access advanced features such as adding items to favorites and subscribing to fitness plans.

2. Technologies Used

Frontend:

- HTML
- CSS
- JavaScript (Vanilla JS)

Backend:

- Node.js
- Express.js

Data Storage:

- File System (JSON Files)

3. User Roles

Visitor (Unauthenticated User):

- Browse fitness content
- View gyms, workouts, and trainers
- Cannot add favorites or subscribe

Registered User:

- Login / Logout

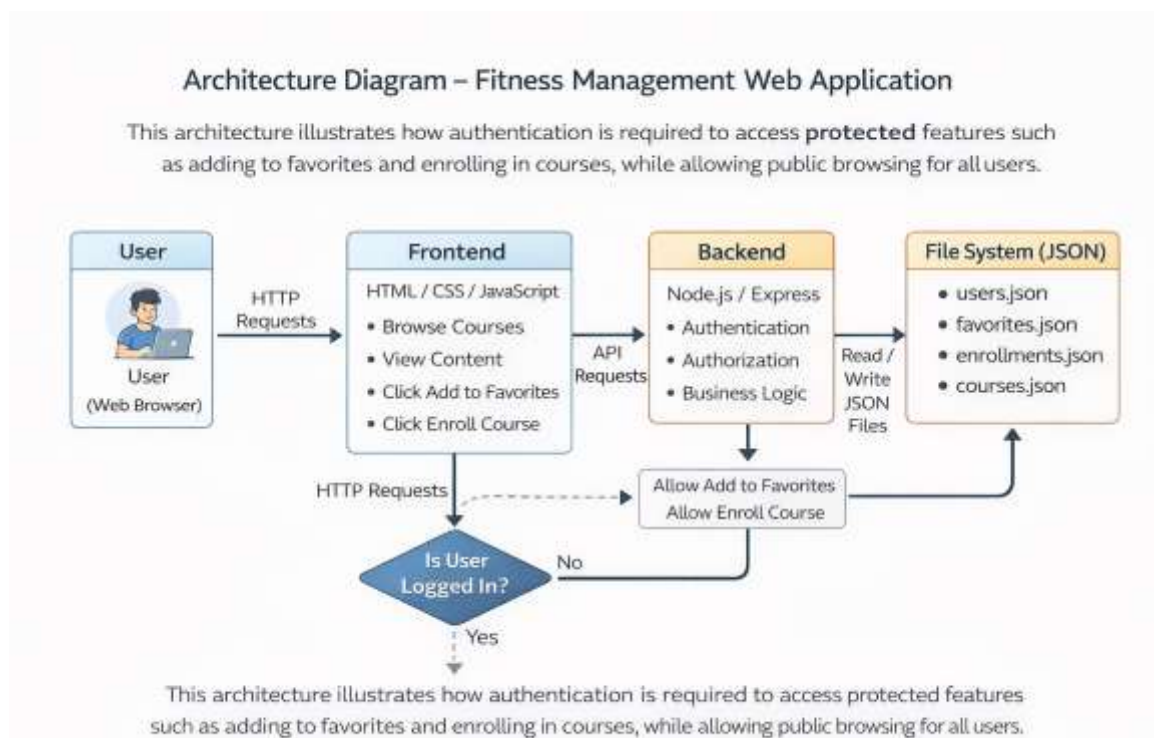
- Add items to favorites
- Subscribe to fitness plans
- Manage profile

4. Core Features

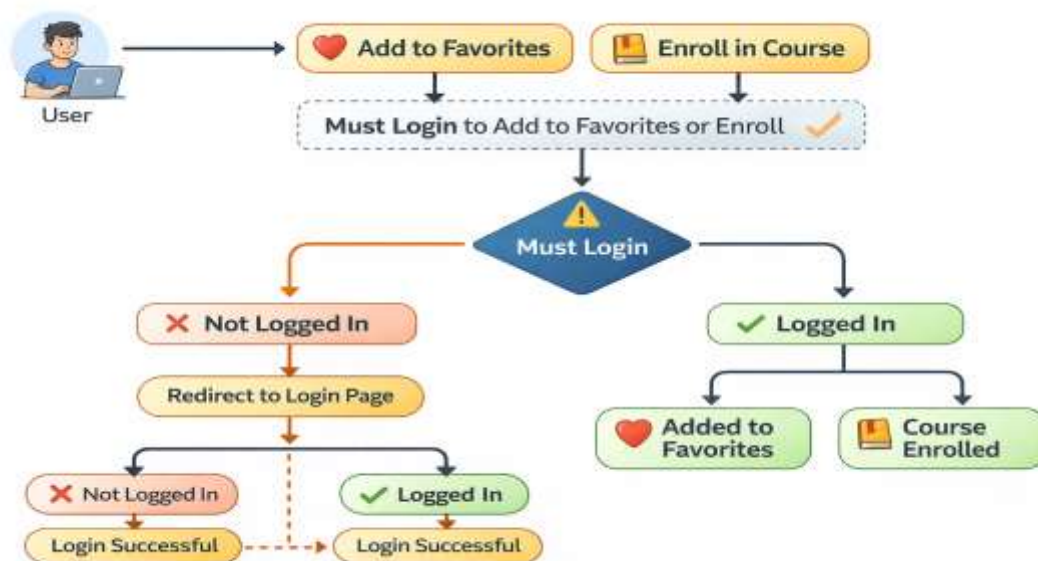
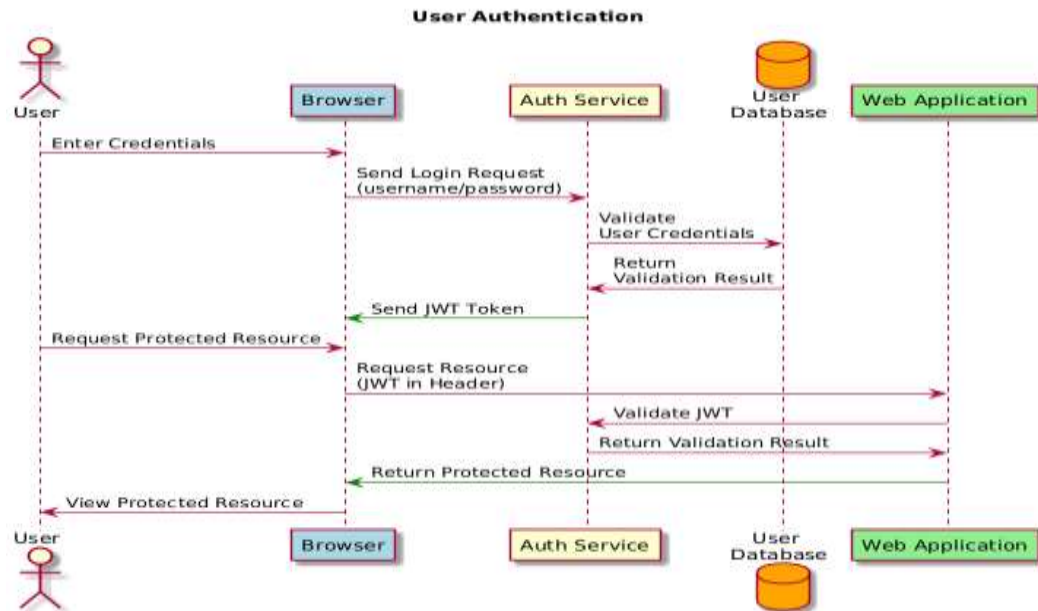
- User Authentication
- Browse Fitness Content
- Favorites System
- Subscription System
- Profile Management
- File-based Data Storage

5. Architecture Overview

The system follows a client-server architecture. The frontend communicates with a Node.js backend via HTTP requests. The backend handles business logic and stores data using JSON files in the file system.




6. Sequence Diagrams



7. Screenshots

Screenshots of the following pages should be included:

- Login & Register Page



Login
Home / [login](#)

Login Now

Email

Password

[Forgot Password?](#)

Login

Registration Now

Name

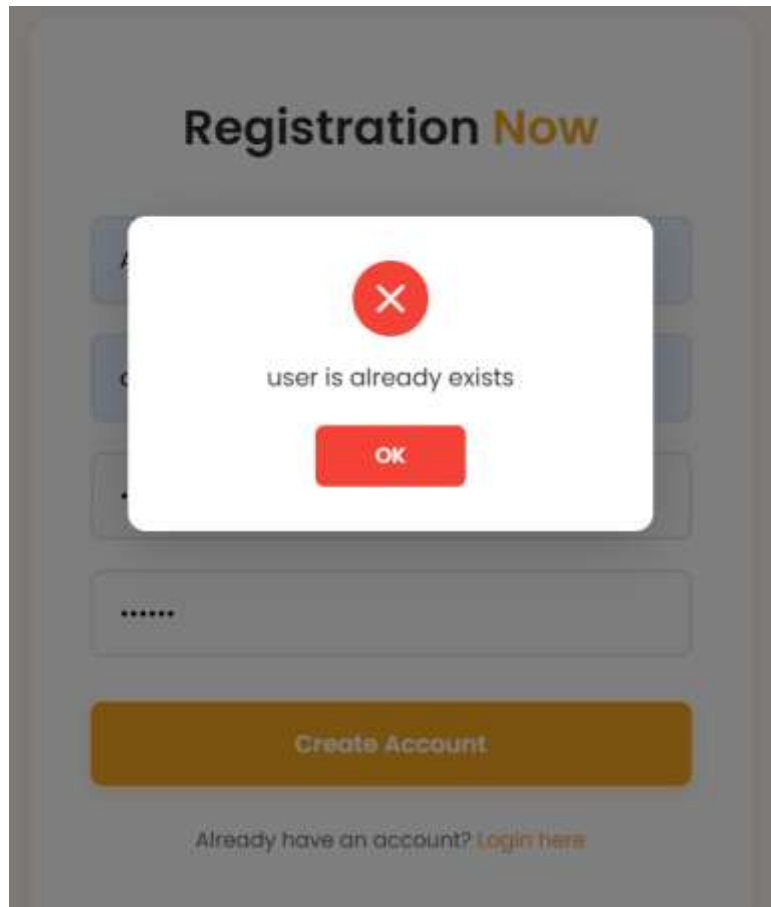
Email

Password

Confirm Password

Create Account

Already have an account? [Login here](#)



- Browse Fitness Content



\$98

By Dr. Sarah Johnson

Complete Nutrition Guide

Oct 01, 2020 1h 45 Lessons



\$89

By Mike Thompson

Strength Training Fundamentals

Nov 15, 2020 12h 45 Lessons



\$79

By Alex Martinez

Cardio and Endurance Training

Mar 1, 2020 10h 45 Lessons

-search



\$89

By Mike Thompson

Strength Training Fundamentals

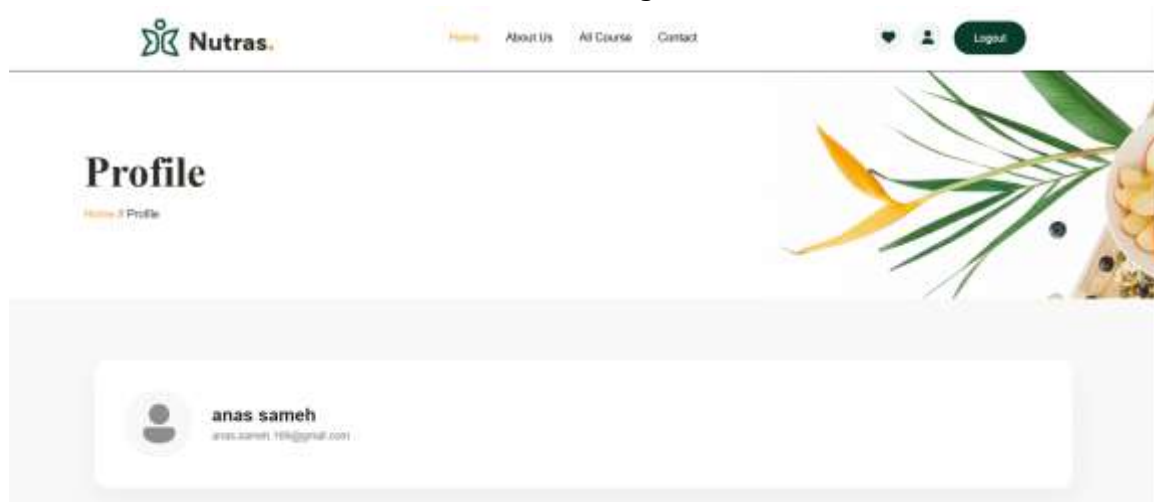
Nov 01, 2020 12h 45 Lessons

- Favorites Page

Favourites

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- Profile Page



8. Summary

This project demonstrates a complete fitness management system using modern web technologies. It applies authentication, role-based access, and file-based data storage in a practical real-world scenario.