Frontend Development With React.js Project Documentation Format

INTRODUCTION:

Project Title: Fitflex : Your Personal Fitness Companion

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PROJECT OVERVIEW:

Purpose: To enhance your overall health and well-being by improving physicall capabilities like strength, stamina, and endurance, while also boosting mental health through stress redution and increased confidence.

Features: Cardiovasculator endurance, muscular strength, muscular endurance, flexibility, and body composition, and additional components like balance, coordination, agility, speed, power, and reaction time.

ARCHITECTURE:

Component Structure: Typically includes health-realated components like cardiovascular endurance, musucular strength, musucular endurance, flexibility, and body composition.

State management: The technical mamagement of the user`s current state in a fitness application using libraries like NgRx or GetX for a seamless user experience, on coaching individuals to achieve and maintain optiomal mental and emotional states through techniquies that promote flexibility in their behaviours to achieve desired outcomes.

Routing: Aerobic exercise, strength training, stretching, and balance exercises to meet the recommended 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity per week, along with two or more strength training sessions for muscle strength and bone health.

SETUP INSTRUCTIONS:

Prerequisities: Maintaining fundamental lifestyle habits and improving health-related components like cardiovasculor endurance, muscular strength and endurance, flexibility, and body composition.

Installation: Simplified registration form for gym or fitness class access, often with a few key fields like name, contact, and membership details.

FOLDER STRUCTURE:

Client: An individual who pays for and receives guidance from a fitness professional to improve their health, wellness, and achieve specific physical goals.

Utilities: Equipment, tools, and technology that assist in various forms of physical activity and exercise.

RUNNING THE APPLICATION:

Strava (social, competitive), Nike Run Club (coaching, msic), Map My Run (route discovery, training), and Couch to 5K (beginner training).

Frontend: Facing part of a fitness-related website or application, built using technologies like ReactJS or Nuxt.js to create interactive interfaces for features such as workout tracking, schedulling, booking classes, and displaying fitness data, often with visualizations like charts from

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COMPONENT DOCUMENTATION:

Key Components: Cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.

Reusable components: Dynamic and customizable form used to collect or display data related to the components of physical fitness, such as body composition, flexibility, or cardiovascular endurance, within a digital application.

STATE MANAGEMENT:

Global State: The global fitness landscape shows a troubling increase in inactivity, with 31% of adults globally not meeting recommendations, and a projected rise to 35% by 2030.

Local state: you must be looking for fitness services near you, like gyms, trainers, or fitness studios.

USER INTERFACE:

The graphical or interactive element within a fitness app or device that allows users to track workouts, monitor progress, set goals, and access personalized fitness recommendations.

KNOWN ISSUES:

Lack of motivation, time constraints, unrealistic expectations, improper form, overtraining, and insufficient rest and recovery.

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