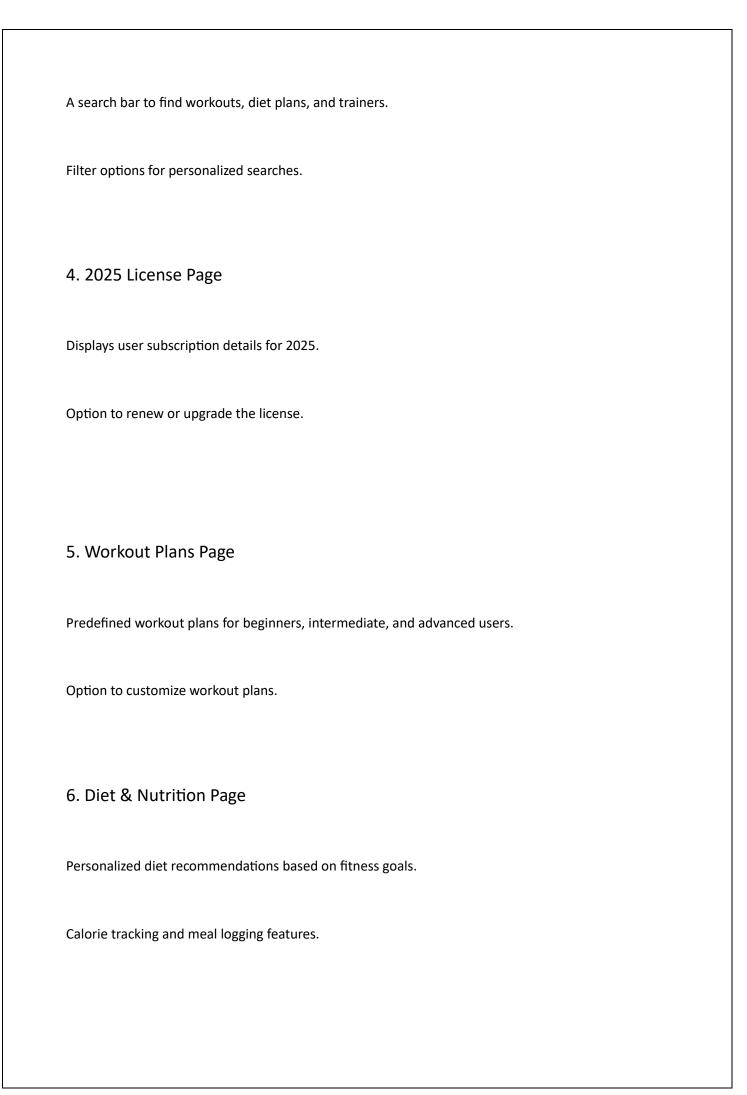# FITFELX:YOUR PERSONAL FITNESS COMPANION

INTRODUCTION:

Project title :PERSONAL FITNESS

TEAM MEMBERS:

TEAM LEADER :[Bala Ganesh.v]

TEAM MEMBER :[Tata Akash A]

TEAM MEMBER:[G.Ashwin]

TEAM MEMBER:[H.R.Sastipathi]

2.PROJECT OVERVIEW

Purpose :

SB Fitzz is an advanced fitness tracker designed to help users monitor their physical activities, set fitness goals, track health metrics, and find relevant fitness resources. The platform provides a user-friendly experience with interactive dashboards, data analytics, and personalized recommendations.

Features

User Authentication – Secure login and signup with authentication.

Fitness Tracking – Track steps, calories burned, workouts, and heart rate.

Goal Setting & Reminders – Users can set fitness goals and receive daily reminders.

Advanced Search – Find exercises, trainers, diet plans, and fitness centers.

Analytics & Reports – Visual representation of progress through charts.

2025 License Management – Manage and validate user subscriptions for 2025.

Social & Community Features – Share progress, join fitness challenges.

1. Home Page

Welcome message with an introduction to SB Fitzz.

Quick access to fitness tracking features.

Daily motivational quotes and fitness tips.

2. About Page

Overview of SB Fitzz's mission and vision.

Information about the team and development journey.

3. Search Page

A search bar to find workouts, diet plans, and trainers.

Filter options for personalized searches.

4. 2025 License Page

Displays user subscription details for 2025.

Option to renew or upgrade the license.

5. Workout Plans Page

Predefined workout plans for beginners, intermediate, and advanced users.

Option to customize workout plans.

6. Diet & Nutrition Page

Personalized diet recommendations based on fitness goals.

Calorie tracking and meal logging features.

7. Support & Help Page

FAQs and troubleshooting guides.

Contact support for technical assistance.

Architecture

Component Structure

Navbar & Footer: Common navigation and footer across all pages.

Authentication Module: Manages login, signup, and account security.

Workout Module: Tracks and displays user fitness activities.

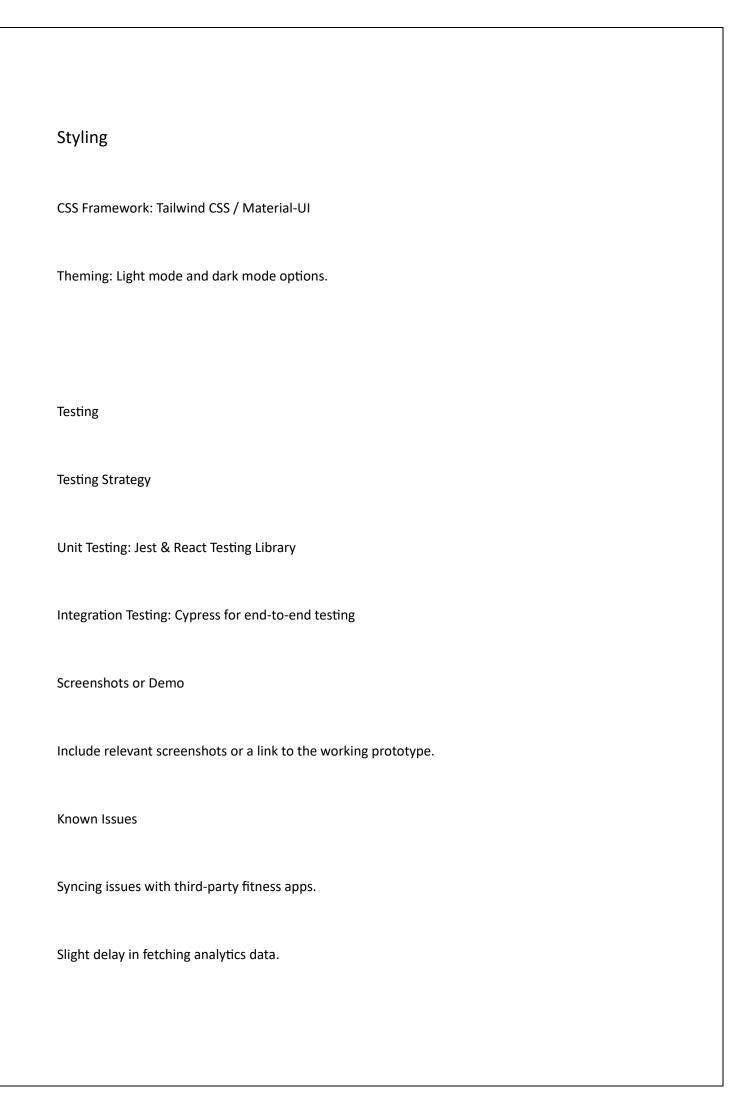Analytics Module: Generates reports and visual insights.

State Management

Uses Redux to handle user data, workouts, and notifications efficiently.

Routing

Implemented using React Router for seamless navigation across pages.

Setup Instructions

Prerequisites

Node.js

React.js

Firebase/MongoDB (for authentication and data storage)

Installation

git clone [repository-link]

cd sb-fitzz

npm install

npm start

Folder Structure

/sb-fitzz

  ├── /src

  | ├── /components

  | ├── /pages

  | ├── /assets

  | ├── /utils

  ├── package.json

├── README.md

Running the Application

To start the application locally:

```
npm start
```

Component Documentation

Key Components

WorkoutTracker: Tracks fitness activities.

SearchBar: Helps users find exercises, trainers, and nutrition plans.

AnalyticsDashboard: Displays progress and reports.

Reusable Components

Button: Customizable buttons for forms and actions.

Modal: Used for popups like subscription renewal.

User Interface

(Screenshots of the SB Fitzz UI showcasing different features)

Styling

CSS Framework: Tailwind CSS / Material-UI

Theming: Light mode and dark mode options.

Testing

Testing Strategy

Unit Testing: Jest & React Testing Library

Integration Testing: Cypress for end-to-end testing

Screenshots or Demo

Include relevant screenshots or a link to the working prototype.

Known Issues

Syncing issues with third-party fitness apps.

Slight delay in fetching analytics data.

Future Enhancements

AI-powered fitness suggestions.

Mobile app integration.

Support for more smart devices (Apple Watch, Garmin, etc.).

This document provides a structured and detailed explanation of SB Fitzz. Let me know if you need any modifications or additional sections!