Project Documentation

\*FitFlex: Your Companion Documentation\*

\*1. Introduction\*

- \*Project Title:\* FitFlex

- \*Tagline:\* Your Fitness Companion

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\*2. Project Overview\*

- \*Purpose:\* FitFlex is a personalized fitness companion app designed to help users achieve their health and wellness goals.

- \*Features:\*

- Customizable workout plans

- Nutrition guidance and meal planning

- Progress tracking and analytics

- Mindfulness and stress relief exercises

\*3. Architecture\*

- \*Frontend:\* Built with React Native for ahashed using bcrypt for secure storage.

- Users can log in using their email and password.

- \*Security Measures:\*

- JWT tokens are generated upon successful login and used to verify user identities.

- Tokens are validated on each request to ensure authorized access.

- Password reset functionality is also implemented for user convenience.

- \*Architecture\*:

- Frontend: React.js with Bootstrap and Material UI.

- Backend: Node.js and Express.js.

- Database: MongoDB.

- \*Setup Instructions\*:

- Prerequisites: Node.js, MongoDB.

- Additional tools: Git, React.js, Express.js, MongoDB, Visual Studio Code.

- Installation steps for client and server dependencies.

-6. \*Folder Structure\*:

- `SB-Works/` with `client/` (React frontend) and `server/` (Node.js backend).

- 7.\*Running the Application\*:

- Commands to start frontend (`npm start` in `client/`) and backend (`npm start` in `server/`).

- Access via `http://localhost:3000`.

* 8.\*APi Documentation\*:

- Endpoints for User (`/api/user/register`, `/api/user/login`), Projects (`/api/projects/create`, `/api/projects/id`), Applications (`/api/apply`), and Chats (`/api/chat/send`, `/api/chat/userId`).