## Fit Flex – Frontend Documentation

## 1. Introduction

Project Title: Fit flex

Team iD: NM2025TMID37518
Team Leader: Charu hasini. V

#### **Team members:**

Charuhasini. V charuhasini216@gmail.com Divya. S divya.sathish0510@gmail.com Gifty alsida. A giftyalsida156@gmail.com Lavanya. R lavanyaraman947@gmail.com

## 2. Project Overview

#### Purpose:

Fit Flex is a fitness and lifestyle web application designed to help users track workouts, monitor progress, and stay motivated through an interactive user interface.

#### Features:

- User authentication (login/signup)
- Dashboard to view fitness stats
- Workout planner with add/edit/delete functionality
- Progress tracking with charts
- Responsive design for mobile and desktop

### 3. Architecture

## **Component Structure:**

App.js, Navbar, Home, Dashboard, WorkoutPlanner, Profile, Footer

#### **State Management:**

Context API for global state, useState/useReducer for local states

#### Routing:

Implemented with react-router-dom; Routes: /, /login, /signup, /dashboard, /workout, /profile

# 4. Setup Instructions

Prerequisites: Node.js (>=18.x), npm (>=9.x)

#### Installation:

git clone [repository-link] cd fit-flex npm install

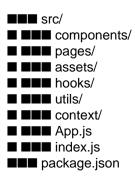
#### **Environment Variables:**

REACT APP API URL=https://api.fitflex.com

## 5. Folder Structure

fit-flex/

■■■ public/



# 6. Running the Application

npm start

Runs the app in development mode at http://localhost:3000

## 7. Component Documentation

## **Key Components:**

Navbar, WorkoutPlanner, Dashboard

#### **Reusable Components:**

Button, Modal

## 8. State Management

Global State: Context API

Local State: useState for form inputs, modals

## 9. User Interface

Responsive layout optimized for mobile and desktop. (Insert screenshots here)

# 10. Styling

CSS Frameworks/Libraries: Tailwind CSS

Theming: Custom theme with light/dark mode

# 11. Testing

## **Testing Strategy:**

- Unit tests with Jest

- Component tests with React Testing Library
- E2E tests with Cypress

Code Coverage: jest --coverage

## 12. Screenshots or Demo

Add screenshots or hosted demo link (Netlify/Vercel).

## 13. Known Issues

- Mobile performance optimization needed
- Minor UI misalignment in workout cards

# 14. Future Enhancements

- Al-based personalized workout recommendations
- Gamification (badges, streaks)
- Social features (share progress)
- Integration with wearables