Project Documentation

FitFlex: Your Personal Fitness Companion

1.Team overview

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2. Project Overview

- Purpose:

    To provide users with a personal fitness companion app that helps track workouts, view health tips, and build a healthy lifestyle.

- Features:

    User-friendly design, workout tracking, and responsive interface.

3. Architecture

- Component Structure:

    Major components include Header, WorkoutList, Tips, and Footer. Each component is modular and reusable.

- State Management:

    Handled using React's useState hook for local state and props for data sharing between components.

4. Setup Instructions

- Prerequisites:

    Node.js and npm must be installed.

- Installation:

    Extract the project folder   open in VS Code   run npm install   run npm start

5. Folder Structure

- Client:

    Contains src/ folder with components, assets, and styles.

- Utilities:

Includes helper functions like hooks and reusable CSS.

6. Running the Application

Use the command: npm start in the project folder.

The app runs locally at http:// localhost:3000.

7. Component Documentation

- Key Components:

    Header (navigation), Workout (exercise details), Footer (app info).

- Reusable Components:

    Buttons and cards are reused across multiple pages

8. State Management

- Global State:

    Not required since app is simple; React local state is enough.

- Local State:

    useState manages form inputs, workout lists, and UI updates.

10. Styling

CSS Frameworks/Libraries:

    Plain CSS and React's built-in styling.

- Theming:

    Clean, minimal theme with focus on fitness and wellness.

11. Testing

- Testing Strategy:

    Manual testing by running app on localhost and checking all components.

- Code Coverage:

    Verified that all pages load correctly and interactions work.

13. Known Issues

Some warnings appear during compilation, but app still runs successfully.

Limited features compared to a fully deployed fitness app.

14. Future Enhancements

Add a BMI calculator and diet planner.

Implement user login system for personalized tracking.