Project Documentation

FitFlex: Your Personal Fitness Companion

1 .Team overview

Team ID:NM2025TMID48917

Team Leader:Dayanita.P(dayanitapalani@gmail.com)

Team Members:

* Deepika.N

Document creater(deepikajd0817@gmail.com)

* Dharshini.S1

Demo video([sarandharshini13@gmail.com](mailto:sarandharshini13@gmail.com))

* Dharshini.S2

Coding manager([sdharshini1328@gmail.com](mailto:sdharshini1328@gmail.com))

* Gopika.N

Voice recoder(gopikanagaraj25@gmail.com)

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.

1. 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.

1. 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

1. Folder Structure
   * Client:

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

Includes helper functions like hooks and reusable CSS.

1. Running the Application

Use the command: npm start in the project folder.

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

1. Component Documentation  Key Components:

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

* + Reusable Components:

Buttons and cards are reused across multiple pages

1. 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.

I l . 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.

1. Known Issues

Some warnings appear during compilation, but app still runs successfully. Limited features compared to a fully deployed fitness app.

1. Future Enhancements

Add a BMI calculator and diet planner.

Implement user login system for personalized tracking.