

FitFlex: Your Personal Fitness Companion

Category: Frontend Development with Database Support by MongoDB

Skills Required: React.js, MongoDB, Node.js

Introduction

FitFlex is a modern fitness management web app built with React.js. It empowers users to explore and track workout routines, maintain personalized fitness plans, and engage with a variety of exercises through an intuitive and responsive interface. MongoDB serves as the database to store workouts, user progress, and fitness data efficiently.

Scenario

Starting a fitness journey or keeping up with workouts can be challenging. FitFlex simplifies the process – from browsing exercise categories to tracking progress and building routines tailored to user needs.

Target Audience

Fitness enthusiasts

Beginners starting their workout journey

Personal trainers

Health-conscious individuals

Key Features

Browse and filter workouts (by type, intensity, or duration)

Track fitness progress and history

User profiles and personalized routines

Dynamic search and quick navigation

Responsive and mobile-friendly design

MongoDB database support for storing workout and user data ---

Setup Instructions

1. Install Node.js and npm

2. Clone repository:

```
git clone <repo-link>
```

3. Navigate to project folder:

```
cd fitflex
```

4. Install dependencies:

```
npm install
```

5. Run the app:

```
npm run dev
```

Future Enhancements

Role-based access (Admin/Trainer/User)

AI-based workout recommendations

Nutrition and meal plan integration

Progress visualization dashboard

Dark mode for better usability

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Demo Link

[Add link here]