

# NAAN MUDHALVAN PROJECT REPORT

## 1.INTRODICTION:

- **Project Title:** FITFLEX
- **Team ID:** NM2025TMIDA7125
- **Team Leader: Name:** P.Devika ( code developer)

**Mail id:** [devikap182006@gmail.com](mailto:devikap182006@gmail.com)

- **Team Members:**

**Name :** U.Porselvi ( documentation)      **Mail id:** [porselvi024@gmail.com](mailto:porselvi024@gmail.com)

**Name:** S.Dhivya ( demo vedio linking)      **Mail id:** [dhivyaammu304@gmail.com](mailto:dhivyaammu304@gmail.com)

**Name:** k.Anushka ( code developer)      **Mail id:** [anushka23032007@gmail.com](mailto:anushka23032007@gmail.com)

## 2. Project Overview:

FitFlex can refer to a few different things depending on the context, but in general, the

Purpose of FitFlex typically relates to health, fitness, and wellness programs or platforms designed to offer flexible workout or lifestyle options. Below are a few possible Interpretations of "FitFlex" and their purpose.

### 1.FitFlex (General Fitness Concept)

#### **Purpose:**

- Home or gym workouts
- Customizable training programs
- Adaptable meal plans
- Virtual coaching or classes

### 2.FitFlex by United Healthcare (Employer Wellness Program)

#### **Purpose:**

A benefit program that gives eligible members monthly reimbursements for fitness-related expenses (e.g., gym memberships, fitness classes). It's often offered through employersponsored health insurance plans.

### Goals:

- Promote employee wellness
- Encourage physical activity
- Reduce long-term healthcare cost.

### 3. FitFlex App or Platform:

- If you're referring to a specific app or digital fitness platform called FitFlex, its purpose could be to:
- Offer on-demand workouts
- Connect users with personal trainers
- Track progress and set fitness goals
- Provide flexibility in when and how users work out.

### Key Features of fitflex:

#### 1. Personalized Fitness Plans:

- Goal-based workouts tailored for different fitness levels.
- Types include HIIT, Strength, Yoga, Pilates etc.

#### 2. Nutrition & Meal Planning:

- Healthy meal guides / diet plans.
- Meal logging, calorie counting, macro and micro tracking.

#### 3. Health Tracking Tools:

- Calorie counter.
- Water / hydration tracker.
- Tracking workouts, progress over time etc.

#### 4. Flexible/ Convenient Workouts:

- Short routines for busy schedules.

- Ability to filter workouts by type, difficulty, duration.
- Workouts usable in home, gym, outdoors.

#### 5.Subscription / Freemium Model:

- Offers free trial freemium version with optional premium features.
- Different subscription tiers (monthly, annual etc.).

#### 6.Reminders & Motivation:

- Workout reminders or notifications.
- Trending new workouts to keep routine fresh.
- If you tell me which FitFlex (app / service / country) you're referring to, I can list features more specific to your version.

### **3.Architecture:**

- Workout & Training Planner (different styles: strength, HIIT, cardio etc.)Likely

Modules for workouts, routines; data model for exercises, workouts, plans. A scheduling/planner component.

- **AI- powered & adaptive plans---** Probably includes ML or backend logic that adjusts plans based on user progress. Some tracking & feedback loop.

- **Nutrition/ meal tracking/logic & scanning ---**Image recognition (for photo Scanning), food database, calorie tracking, user logs. Likely needs a backend for Storing user data and possibly ML for scanner.

- **Progress Tracking---**Storage of metrics like weight, workout history, calories, etc. Possibly analytics dashboards or charts.

### **Hypothetical Architectural Layers:**

Based on that, here is a plausible architecture for FitFlex (Workouts & Fitness AI):

#### 1.client ( Mobile App) layer:

- UI screens: workout plans, log workout, nutrition, progress dashboard, user profile
- Local caching and syncing

- Image input (for meal scanner)

## 2. Backend / API layer:

- Authentication & user management.
- Workouts / plans engine: retrieving workouts, adapting plans based on user inputs
- Nutrition database + image recognition service (maybe via ML or 3<sup>rd</sup>-party ML

Model)

- Data storage: workout logs, user metrics, progress history

## 3. Machine Learning / AI component:

- Model(s) for recognizing food images
- Algorithms to personalize workout & nutrition plans.

## 4. Database(s):

- Relational or NoSQL for user profiles, workout logs, nutrition info
- Possibly a specialized image database or blob store for images.

## 5. Support & infrastructure:

- Cloud hosting (servers or serverless)
- APIs as microservices or monolith depending on scale
- Logging, monitoring
- Security (data protection, privacy).

## 6. Integrations / External Services:

- Possibly use of external food database or food-image recognition.

## 4. Setup Instructions for FitFlex:

- Prerequisites:
- Make sure the following tools are installed on your system before proceeding.

### 1. Node.js:

- Download from: <https://nodejs.org>
- Confirm installation

- node -v

- npm -v

## 2. MongoDB:

Install MongoDB Community Server:

- <https://www.mongodb.com/try/download/community>

Run MongoDB locally:

- Mongod
- (Optional) Use MongoDB Compass for a GUI.

## 3. Git:

Download from:

- <https://git-scm.com/downloads>

Confirm installation • Git—version.

## 4. React.js:

- React will be part of the frontend setup using create-react-app or similar.
- Will be included as part of backend Node.js setup.

## 6. Mongoose:

- Installed via NPM when setting up the backend.
- 7. Visual Studio Code (VS Code)
- Download from: <https://code.visualstudio.com/>
- Recommended extensions: ESLint, Prettier, MongoDB, GitLens, etc.

## **4. Project Setup Step:**

**Step 1:** Clone the Repository

- git clone <https://github.com/yourusername/fitflex.git>
- cd fitflex

**Step 2:** Setup Backend

- Assuming your backend is in a folder like /server:



- cd server
- npm install
- Create a .env file with your environment variables:
- PORT=5000
- MONGO\_URI=mongodb://localhost:27017/fitflex
- JWT\_SECRET=your\_jwt\_secret\_key

#### Start the backend server:

- npm run dev
- (Ensure MongoDB is running before starting the server) Step 3: Setup Frontend

Assuming the frontend is in /client:

- cd ../client
- npm install
- Start the React development server:
- npm start

#### Step 4: Open in Visual Studio Code

- From the project root:
- code

#### **✓Project Structure (Optional)**

- fitflex/
  - |— client/ # React frontend
  - |— server/ # Express backend
  - |— README.md
  - |— .gitignore

#### **🔑 Useful Commands**

- Start MongoDB (if installed locally):

- mongod

Run backend:

- npm run dev

Run frontend:

- Npm start
- Let me know if you'd like me to generate a README.md from this or help configure .env, CORS, or routing.

## **5.Folder Structure:**

- SB-Works/
  - |— client/ # React frontend
  - | |— components/ # Reusable UI components
  - | |— pages/ # React pages/views
  - |
  - |— server/ # Node.js backend
  - |— routes/ # API routes
  - |— models/ # Mongoose models / data schemas
  - |— controllers/ # Request handlers / business logic6.

## **6.Running the Application:**

### ☒ Frontend (React)

- Cd client
- Npm install
- Npm start

### ☒ Backend (Node.js/Express)

- Cd server
- Npm install

- Npm start

### Access the App:

After both servers are running:

- Open your browser and go to: <http://localhost:3000>.
- This will load the Fit Flex frontend. Ensure the backend is also running to enable API communication.
- Let me know if you'd like me to help you write a full README.md or add environment variable

## **7. API Documentation:**

- User Endpoints
- POST /api/user/register – Register a new user.
- POST /api/user/login – Authenticate an existing user and return a JWT.

### Project Endpoint

- POST /api/projects/create – Create a new project (Admin/Freelancer).
- GET /api/projects/:id – Get detailed information about a specific project.
- Application Endpoints
- POST /api/apply – Submit an application for a project (Freelancer).
- Chat Endpoints
- POST /api/chat/send – Send a message to another user.
- GET /api/chat/:userid – Fetch the chat history with a specific user.

## **8.AUTHENTICATION:**

- JWT-based Authentication • Secure login is implemented using JSON Web Tokens (JWT). Tokens are issued

Upon successful login and must be included in the Authorization header for Protected requests.

- Middleware Protection



- Middleware is used to secure private routes, ensuring only authenticated users can access sensitive data or perform restricted actions.

## **9.user Interface**

- Landing Page
- Public homepage introducing Fit Flex, featuring a call-to-action, feature overview, and login/register links.
- Freelancer Dashboard
- Personalized dashboard for freelancers to view projects, track applications, and manage profiles.
- Admin Panel
- Admin interface for managing users, approving/rejecting applications, and Monitoring platform activity.
- Project Details Page.
- Displays detailed information about each project, including description, required skills, budget, and application status.


## **10.TESTING:**

- Manual Testing.
- Conducted at major development milestones to validate functionality, fix bugs, and ensure UI consistency.

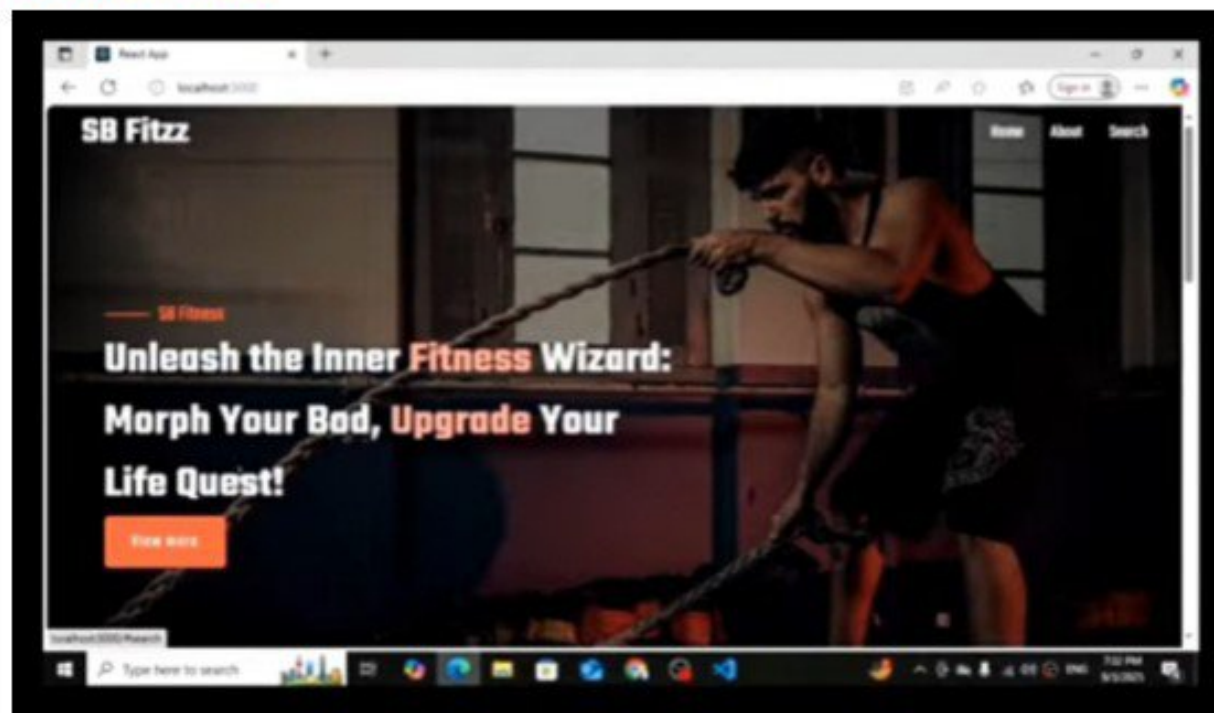
### **Tools Used:**

- Postman – For testing API endpoints and responses.
- Chrome Dev Tools – For front-end debugging and performance monitoring.

## **11. Screenshots or Demo:**

✓  insert actual screenshot or Demo video :

## Output screens:

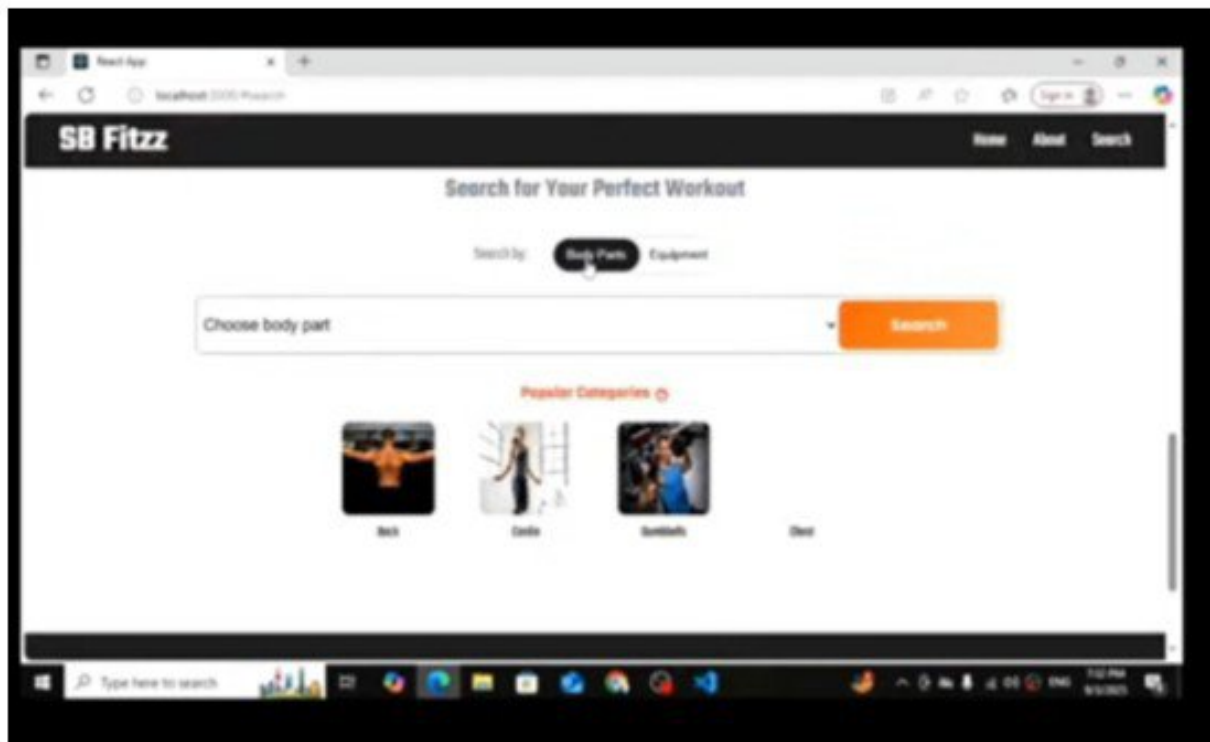


- It is very useful for body fitness for daily health and weight lose.

## Aspects of fitflex:

- Fit Flex Workout
- Fit Flex workout app
- Fit Flex gym program
- Fit Flex fitness plan.

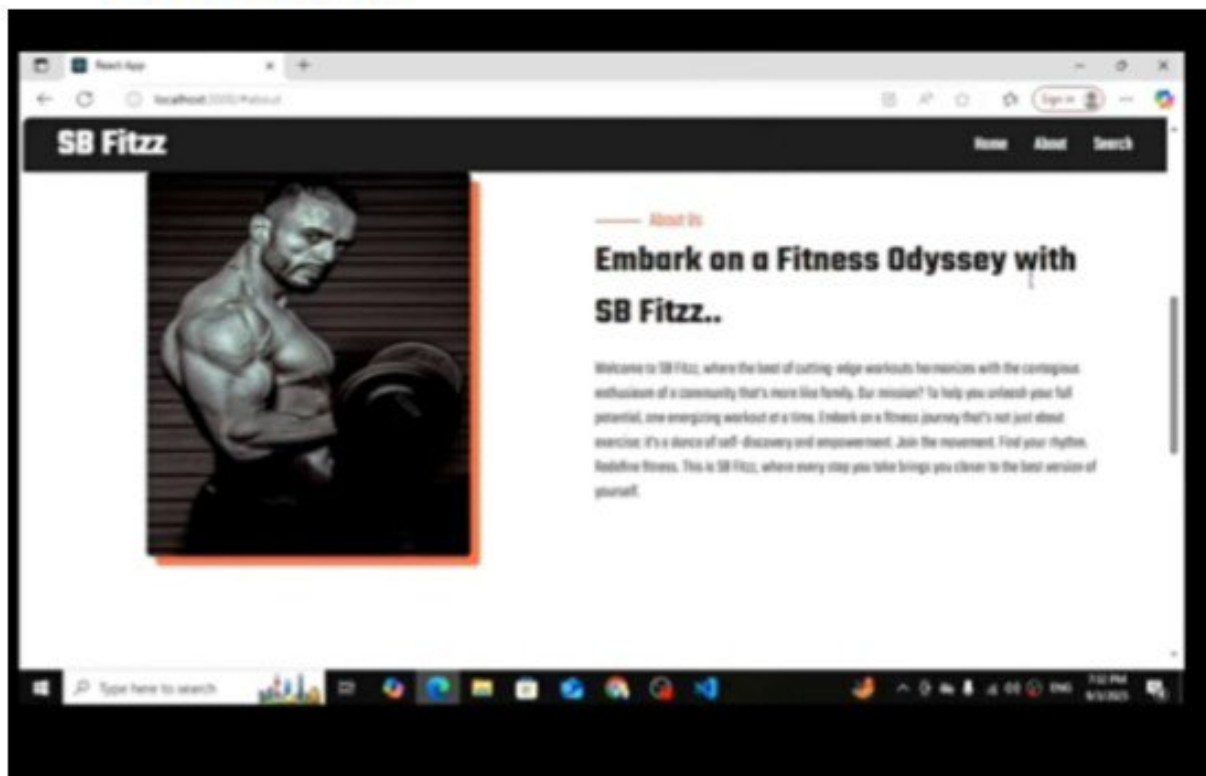
*searching for fitflex workout:*



### **Searching for workout:**

1. Use a Search Engine (Google, Bing, etc.)
2. Search in App Store
3. Check Social Media & Video Platform
4. 4.Check Fitness Platform
5. 5.Be Aware of Scams or Fake Programs

## Fitness awareness:



Demo link: [https://youtu.be/Vgmr\\_GDkDkE?si=VDMx4KevkgZarPfY](https://youtu.be/Vgmr_GDkDkE?si=VDMx4KevkgZarPfY)

- “Fitness awareness” refers to an individual’s understanding and consciousness of physical health, fitness principles, and the importance of maintaining a Healthy and active lifestyle. It includes knowledge, attitudes, and habits that Support overall well-being.

### 🔑 Key Aspects of Fitness Awareness:

1. Understanding Physical Fitness
2. Importance of Regular Exercise
3. Nutrition awareness
4. Lifestyle Choices
5. Setting fitness goals
6. Personal responsibility

## **12.known issues:**

1. Unauthorized / automatic subscriptions
2. Difficulty to unsubscribe or cancel
3. Aggressive / misleading advertising practices
4. Unauthorized deductions
5. Poor user trust / perception issues

## **13.life enhancement:**

1. Marketing/Slogan Ideas
2. Wellness Program Features
- 3.Product Description
- 4.Fitness App Improvements fitness
- 5.Lifestyle Benefits Summary