

Frontend Development with React .js

Project Documentation format.

Fit flex: Your Personal Fitness Companion

1. Introduction

Project Title: FitFlex: Your Personal Fitness Companion

Team Members:

Team ID:NM2025TMID28757

Team Leader Name: HARINI A & hariniharini16918@gmail.com

Team Member Name: YOGALAKSHMI S & yogasampath16@gmail.com

Team Member Name: PRAGADEESWARI S & pragdeeswari18122006@gmail.com

Team Member Name: PRIYADHARSHINI T & priyadharni1218@gmail.com

2. Project Overview

Purpose:

FitFlex is designed to help users achieve their fitness goals by providing personalized workout plans, exercise tracking, and progress monitoring. The platform offers intuitive navigation, motivating features, and insightful analytics to enhance the user's fitness journey.

Features:

Personalized Workout Plans

Exercise Category Filter (e.g., Strength, Cardio, Yoga, etc.)

Progress Tracking and Goal Setting

Daily Workout Reminders

Interactive Workout Demonstrations

Bookmark Feature for Favorite Exercises

Light/Dark Mode for Improved User Experience

Responsive Design for Mobile and Desktop

3.Architecture

Component Structure:

App.js – Root component that manages layout and routing

Header.js – Navigation bar with search functionality

WorkoutList.js – Displays categorized workout plans

WorkoutCard.js – Individual workout details with instructions

WorkoutDetails.js – Displays step-by-step workout guidance

Footer.js – Provides useful fitness tips and motivational quotes

State Management:

Context API – Manages global states like theme preferences, saved workouts, and progress tracking

Routing:

React Router – Used for seamless navigation across categories, workout details, and user profile

4.Setup Instructions

Prerequisites:

- Node.js (v18 or higher) - npm or yarn

Installation:

Clone the Repository:

```
...
```

```
git clone
```

```
https://github.com/Nithyasree2007/fitflex-app.git cd fitflex-app
```

```
...
```

Install Dependencies:

```
...
```

```
npm install
```

Create `.env` file:

```
...  
  
REACT_APP_FITNESS_API_KEY=your_api_key_here  
  
...
```

Run the Application:

```
...  
  
npm start  
  
...
```

5.Folder Structure

/src

```
|— /components  
| |— Header.js  
| |— WorkoutList.js  
| |— WorkoutCard.js  
| |— WorkoutDetails.js  
| |— Footer.js  
|— /pages  
| |— Home.js  
| |— Categories.js  
| |— ProgressTracker.js  
| |— Profile.js  
|— /assets  
| |— images  
| |— icons
```

```
| └─ styles
|   └─ /utils
|     └─ api.js
|     └─ helpers.js
|     └─ constants.js
|   └─ App.js
|   └─ index.js
```

6. Running the Application

Frontend Server Command:

```
''' bash
npm start
'''
```

7. Component Documentation

Key Components:

Header: Provides navigation and search functionality

WorkoutList: Displays workout plans categorized by type

WorkoutCard: Shows workout details such as steps, duration, and tips

WorkoutDetails: Provides detailed instructions, video demos, and progress tracking

Reusable Components:

Button Component: Used for 'Start Workout,' 'Save Plan,' or 'Track Progress' actions

Modal Component: Displays workout instructions in a popup

8. State Management

Global State:

Managed using Context API for workout tracking, theme settings, and reminders

Local State:

Managed via React's `useState()` for dynamic UI elements like forms and pagination

9. User Interface

Clean, modern interface designed for fitness enthusiasts

Motivational quotes and tips integrated throughout the platform - Dynamic progress bars and goal trackers for better visualization

10. Styling

CSS Frameworks/Libraries:

Tailwind CSS – Used for fast, scalable, and responsive design

Theming:

Integrated Light/Dark Mode for improved user comfort

11. Testing

Testing Strategy:

Jest – For unit testing of components

React Testing Library – For integration and user interaction testing

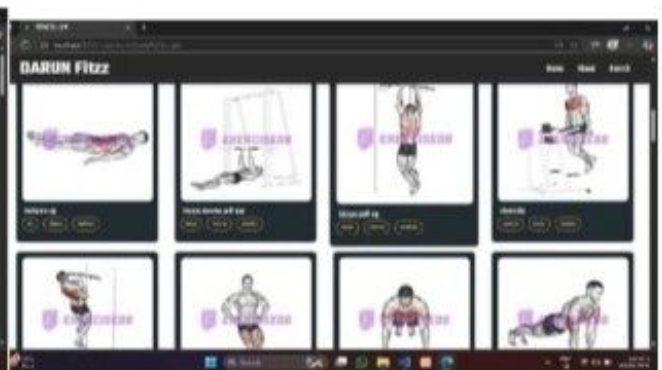
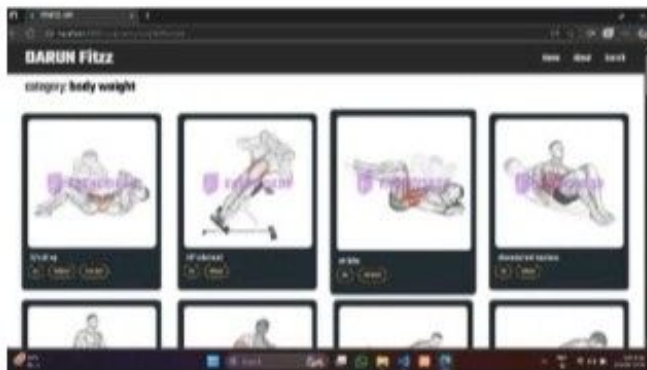
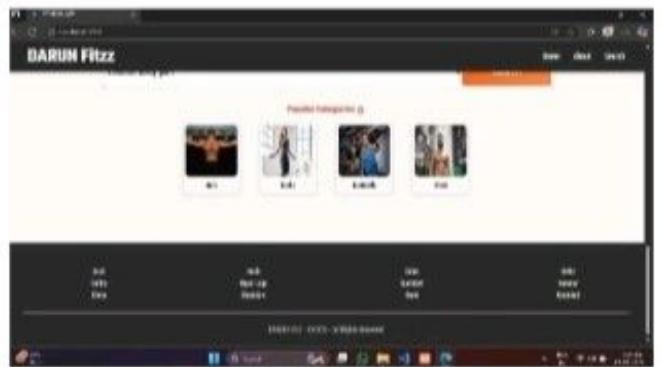
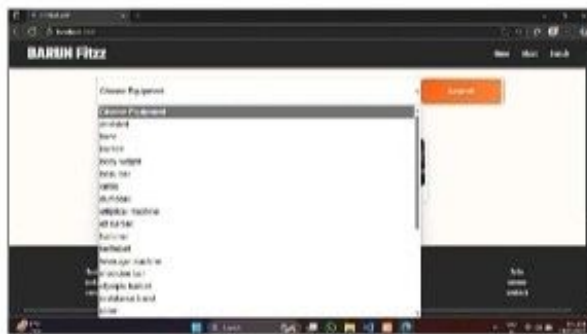
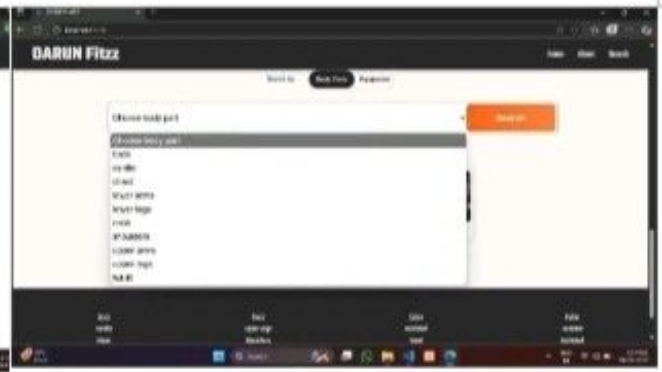
Code Coverage:

- Ensured high test coverage with Jest reports

12. Screenshots or Demo



Screenshot:



Live Demo Link:

13.Known Issues

Some animations may lag on older devices

Progress tracking may require additional optimization for large data entries

14.Future Enhancements

Social Sharing for Workout Achievements

Custom Workout Creator with Drag-and-Drop Interface

Integration with Smartwatches for Real-Time Activity Tracking

Personalized Diet Recommendations Based on Workout Progress