

Project Document

Fit Flex: Your Personal Fitness Companion

1.Team overview

Team ID : NM2025TMID41480

Team Leader :P. DHANAM [dhanamdhanam0054@g.mail.com]

Team Members:

- S.DHIVYASHREE
- M.GIRIJA
- S.HARISHMA
- K.JAYALAKSHMI

2. Project Overview

- Purpose:

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

- Feature :

User-friendly design, workout tracking and responsive interface.

3. Architecture

- Component Structure

Major component include Header, Workout List, Tips, and Footer .Each component is modular and reliable.

- State Management

Handled using Reacts use State hook for local State and props for data sharing between components.

4.Setup Instruction

- 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

Include helper functions like hooks and reusable CSS.

6. Running the application

Use the components : `npm start` in the project folder

The app runs locally at <http://localhost3000>.

7.Component

- Key Components:

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

- Reusable Component:

Buttons and cards are reused across multiple pages.

8.State Management:

- Global State

Not required since app is simple ;local State is enough.

- Local State

Use State manages form inputs, workout lists , and UI updates.

9.Styling

CSS Frameworks/Libraries:

Plain CSS and React's build -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 interaction 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.