FitFlex – Project Documentation

Introduction

Project Title: FitFlex

Team Members: [List members and roles]

Project Overview

Purpose: [Briefly describe the aim of FitFlex, e.g., a fitness tracking and workout management application.]

Features: [Key features like workout planner, progress tracker, diet suggestions, etc.]

Architecture

Component Structure: [Outline React component hierarchy.]

State Management: [E.g., Context API/Redux.]

Routing: [Navigation structure with react-router.]

Setup Instructions

Prerequisites: Node.js, npm/yarn

Installation: Steps to clone, install dependencies, configure environment.

Folder Structure

Client: Components, Pages, Assets, Hooks, etc.

Utilities: Helper functions, API services, custom hooks.

Running the Application

npm start

Component Documentation

Key Components: Dashboard, Workout Tracker, Profile, etc.

Reusable Components: Buttons, Cards, Modals.

State Management

Global State: Authentication, user data.

Local State: Form handling, component-specific states.

User Interface

Screenshots/GIFs of major pages (Login, Dashboard, Workout tracking).

Styling

CSS Frameworks/Libraries: TailwindCSS / Styled-components.

Theming: Dark mode / custom theme support.

Testing

Testing Strategy: Jest + React Testing Library.

Code Coverage: [Tools used].

Screenshots or Demo

[Insert demo link or screenshots]

Known Issues

[List bugs or limitations]

Future Enhancements

AI workout recommendations

Social features (friends, challenges)

Wearable device integration