**FITFLEX-PERSONL FITNESS COMPANION**

**Project Documentation**

**1.Introduction**

Project Title:FitFlex-Personal Fitness

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**2.PROJECT OVERVIEW**

Purpose: Filflex is a personal fitness web application designed to help users track workouts,monitor progress,and manage their fitness journey.

Features:

Log daily workouts(type,duration,intensity)

Add custom exercise and routines

Pre\_built workout templates(e.g.,strength,cardio,HIIT)

Goal setting and tracking(e.g.,lose weight,build muscle)

Share program with friends or community

Join fitness challenges

**3. Architecture**

Component Structure:

Outline the structure of major rcact components such as Dashboard,Workout planner,Nutrition Tracker,Progress Tracker,and profile.

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State Management:

Global state management handled with Redux (for workouts, user data, and progress), Context API for theme and authentication.

Routing:

React Router is used for navigation across pages like Dashboard, Workouts, Nutrition, Progress, and Profile.

**4. Setup Instructions**

Prerequisites: Node.js, npm/yarn installed.

Installation:

git clone <repository-url>

ed fitflex

npm install

npm start

**5. Folder Structure**

Client:

/components: Reusable UI components (buttons, cards, charts)

pages: Main pages like Dashboard, Workouts, Nutrition, Profile

/assets: Images, icons, and styles

/utils: Helper functions (e.g., calorie calculator, date formatter)

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**6. Running the Application**

Frontend:

npm start

Runs the development server locally

**7. Component Documentation**

Key Components:

Dashboard: Overview of workouts, nutrition, and progress.

Workout Planner: Create and manage personalized workout routines.

Nutrition Tracker. Log daily meals and calories.

Progress Tracker. Display charts for weight, workouts, and progress.

Reusable Components:

Buttons, Input fields, Cards, Progress Bars, Charts, Modals.

**8. State Management**

Global State:

Managed with Redux for workouts, nutrition logs, user authentication.

Local State:

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Used for handling form inputs, modal visibility, and UI interactions

**9. User Interface**

Provide screenshots or GIFs showing

Dashboard overview

Workout planner form

Nutrition tracker logi

Progress charts and statistics

**10. Styling**

CSS Frameworks/Libraries: Tailwind CSS for styling: Styled-components for custom themes.

Therming. Supports lighn/dark theme toggle for better user experience.

**11. Testing**

Testing Strategy:

Unit testing with Jest, Component testing with React Testing Library, and end-to-end testing with

Сурголь.

Code Coverage

Ensuring adequate test coverage with Jest reports.

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**12. Screenshots or Demo**

Provide screenshuits:

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