

Project Documentation – FitFlex: Your Personal Fitness Companion

1. Project Overview

FitFlex is a simple beginner-friendly fitness tracking web app built using HTML, CSS, and JavaScript.

It helps users track their workouts by:

- Entering their name.
- Choosing a workout type (Running, Cycling, Yoga, Strength Training).
- Entering workout duration in minutes.
- Viewing calories burned based on activity type and time.

2. Technologies Used

- HTML → Structures the webpage with input fields, dropdowns, and buttons.
- CSS → Styles the layout, form, and results section.
- JavaScript → Adds interactivity, calculates calories burned, and displays results dynamically.

3. Features

1. User inputs their name.
2. User selects workout type from dropdown.
3. User enters workout duration (in minutes).
4. Application calculates calories burned and displays it in a result box.

4. Working of the Project

1. When the user enters details and clicks "Track Workout", JavaScript validates input.
2. Each workout has a predefined calories-per-minute value:
 - Running → 10 calories/min
 - Cycling → 8 calories/min
 - Yoga → 4 calories/min
 - Strength Training → 6 calories/min
3. $\text{Calories} = \text{Duration} \times \text{Calories per minute}$.
4. The result (with user's name, workout, and calories) is shown on the screen.

5. Advantages

- Easy-to-use and beginner-friendly.
- Helps users stay motivated by tracking calories burned.
- Simple structure for learning HTML, CSS, and JavaScript basics.
- Can be extended with features like BMI calculator, workout history, or charts.