PAIN ZONE

Team Details:

Team ID : NM2025TMID40094

Project Title: FitFlex: Your Personal Fitness Companion

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Objectives:

The overarching aim of Pain Zone is to offer an accessible platform tailored for individuals passionate about fitness, exercise, and holistic well-being.

Our key objectives are as follows:

- ✓ **User-Friendly Experience:** Develop an intuitive interface that facilitates easy navigation, enabling users to effortlessly discover, save, and share their preferred workout routines.
- ✓ **Comprehensive Exercise Management:** Provide robust features for organizing and managing exercise routines, incorporating advanced search options for a personalized fitness experience.
- ✓ **Technology Stack:** Harness contemporary web development technologies, with a focus on React.js, to ensure an efficient and enjoyable user experience.

Platform & Technology Used:

The project is developed as a web-based applicaϴon to ensure accessibility and ease of use across devices with a modern browser. The following technologies and plaŋorms are used:

• React: A powerful JavaScript library for building interacϴve and component-based user interfaces. It provides efficient rendering and state management for the inventory system.

• HTML5: Used for structuring the web pages and defining the content of the applicaϴon.

• CSS3: UϴlIzed for styling and designing a responsive, user-friendly, and visually appealing interface.

• JavaScript (ES6+): The core programming language used for implemenϴng business logic, interacϴvity, and communicaϴon between components.

• Git: A version control system used for managing code, tracking changes, and maintaining project versions effecϴvely.

Implementation / Process:

Here are the key prerequisites for developing a frontend application using React.js:

- ✓ **Node.js and npm**:

  Node.js is a powerful JavaScript runtime environment that allows you to run JavaScript code on the local environment. It provides a scalable and efficient platform for building network applications.

  Install Node.js and npm on your development machine, as they are required to run JavaScript on the server-side.

  - Download: https://nodejs.org/en/download/
  - Installation instructions: https://nodejs.org/en/download/package-manager/

- ✓ **React.js**:

  React.js is a popular JavaScript library for building user interfaces. It enables developers to create interactive and reusable UI components, making it easier to build dynamic and responsive web applications.

  Install React.js, a JavaScript library for building user interfaces.

  - Create a new React app:

    ```
    npx create-react-app my-react-app
    ```

    Replace my-react-app with your preferred project name.

  - Navigate to the project directory:

    ```
    cd my-react-app
    ```

  - Running the React App:

    With the React app created, you can now start the development server and see your React application in action.

  - Start the development server:

    ```
    npm start
    ```

    This command launches the development server, and you can access your React app at http://localhost:3000 in your web browser.

- ✓ **HTML, CSS, and JavaScript**: Basic knowledge of HTML for creating the structure of your app, CSS for styling, and JavaScript for client-side interactivity is essential.

- ✓ **Version Control**: Use Git for version control, enabling collaboration and tracking changes throughout the development process. Platforms like GitHub or Bitbucket can host your repository.
    - Git: Download and installation instructions can be found at: https://git-scm.com/downloads

- ✓ **Development Environment**: Choose a code editor or Integrated Development Environment (IDE) that suits your preferences, such as Visual Studio Code, Sublime Text, or WebStorm.
    - Visual Studio Code: Download from https://code.visualstudio.com/download
    - Sublime Text: Download from https://www.sublimetext.com/download
    - WebStorm: Download from https://www.jetbrains.com/webstorm/download

To get the Application project from drive:

Follow below steps:

- ✓ **Get the code:**
    - Download the code from the drive link given below:

      https://drive.google.com/drive/folders/14f9eBQ5W7VrLdPhP2W6PzOU_HCy8UMex?usp=sharing

Install Dependencies:

- Navigate into the cloned repository directory and install libraries:

```
cd fitness-app-react
npm install
```

- ✓ **Start the Development Server**:
    - To start the development server, execute the following command:

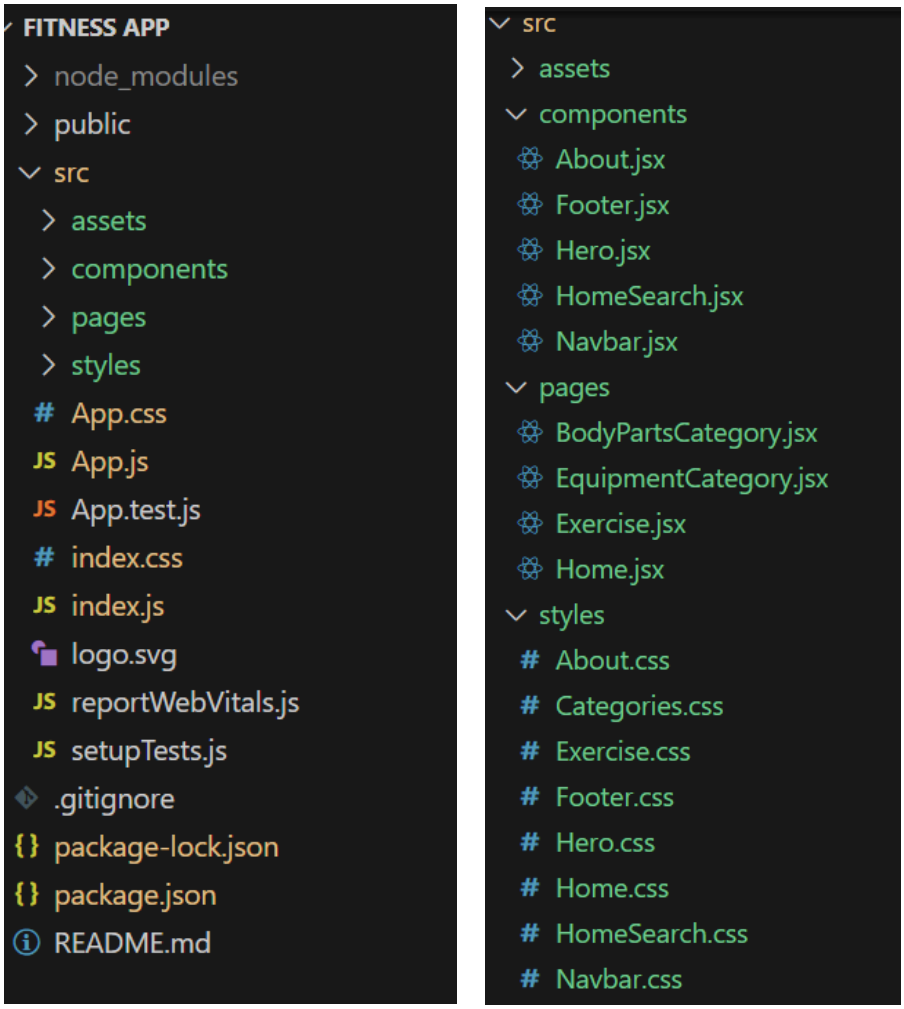
```
npm start
```

Access the App:

- Open your web browser and navigate to http://localhost:3000.
- You should see the application's homepage, indicating that the installation and setup were successful.

You have successfully installed and set up the application on your local machine. You can now proceed with further customization, development, and testing as needed.

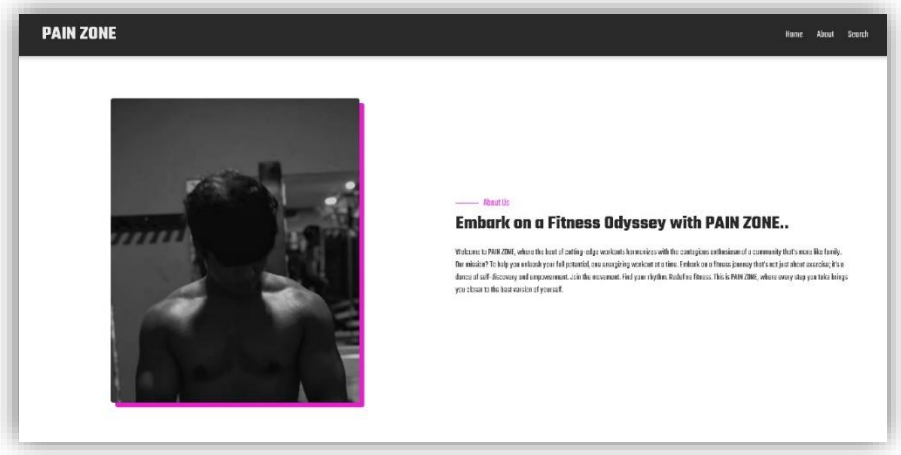
Output / Result:



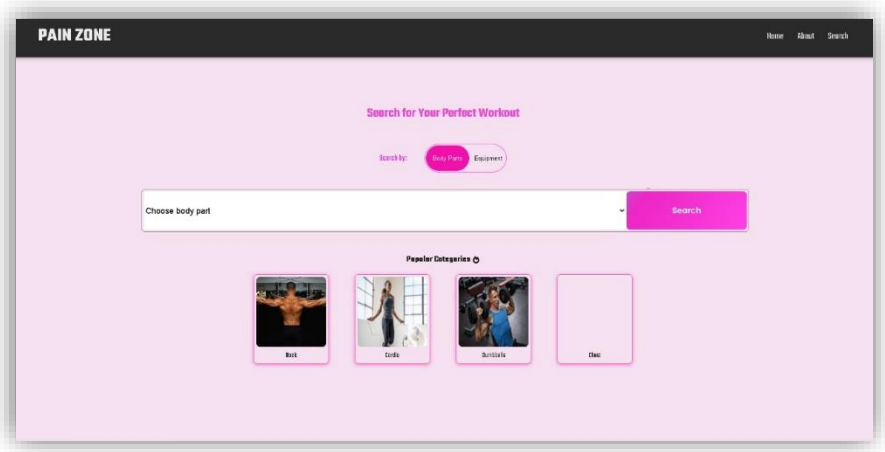
User Interface snips:

- Hero component

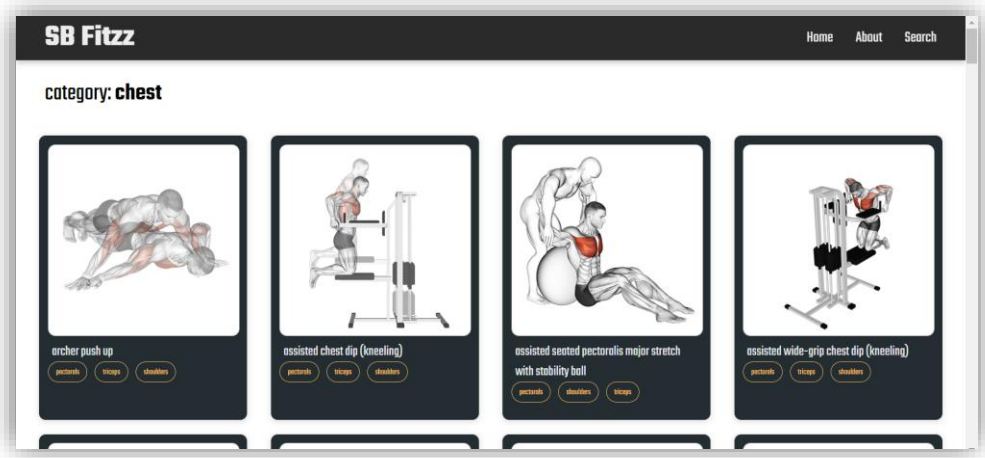
- About



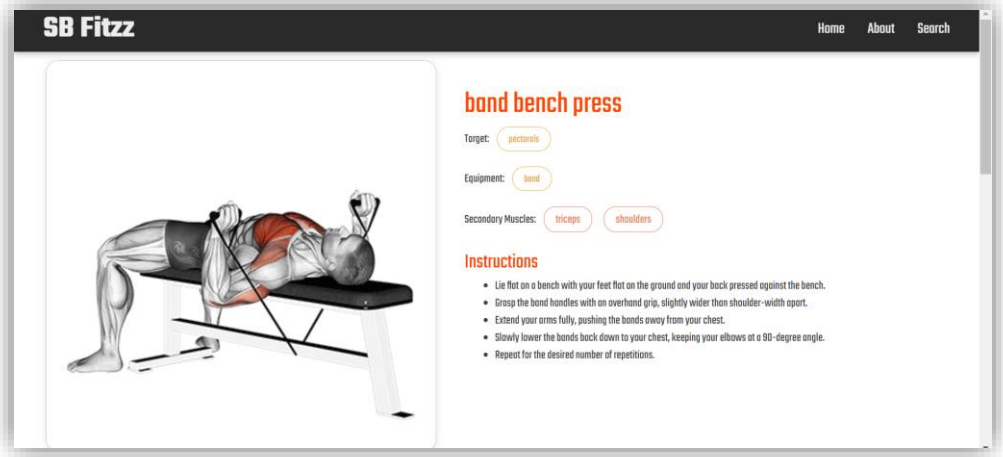
- Search



- Category page



- Exercise page



THANKYOU