**Project Documentation**

**FitFlex: Your Personal Fitness Companion**

1.Team overview

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2. Project Overview

● Purpose:

To provide users with a personal fitness companion app that

helps track workouts, view health tips, and build a healthy lifestyle.

● Features:

User-friendly design, workout tracking, and responsive interface.

3. Architecture

● Component Structure:

Major components include Header, WorkoutList, Tips, and Footer. Each

component is modular and reusable.

● State Management:

Handled using React’s useState hook for local state and props for data

sharing between components.

4. Setup Instructions

● 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:

Includes helper functions like hooks and reusable CSS.

6. Running the Application

Use the command: npm start in the project folder.

The app runs locally at http:// localhost:3000.

7. Component Documentation

● Key Components:

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

● Reusable Components:

Buttons and cards are reused across multiple pages

8. State Management

● Global State:

Not required since app is simple; React local state is enough.

● Local State:

useState manages form inputs, workout lists, and UI updates.

10. Styling

CSS Frameworks/Libraries:

Plain CSS and React’s built-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 interactions 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.