Project Documentation

FitFlex: Your Personal Fitness Companion

DEMO LINK: Demo link: https://drive.google.com/file/d/1xbzVoqxeJRnvsh0FWv5D16EOANfwZ8U8/view?usp=sharing

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.