PROJECT DOCUMENTATION
FITFLEX

1.INTRODUCTION

- PROJECT TITLE : FITFLEX
- TEAM ID : NM2025TMID37010
- TEAM LEADER : PAVITHRA.M (pavithra25057@gmail.com)
- TEAM MEMBERS :
  - PAVITHRA.B (pavithrabala1907@gmail.com)
  - PAVITHRA.S (pavi102006@gmail.com)
  - PONNI BAI.G (ponnibai582@gmail.com)

2.PROJECT VIEW

- **PURPOSE :**

  Fitflex encourages students and youth to maintain physical fitness and mental wellness through AI-driven fitness & diet tracking.
- **FEATURES :**
  - ➢ Daily workout & step tracking
  - ➢ Personalized diet planner
  - ➢ BMI calculator & calorie counter
  - ➢ Progress reports & health analytics
  - ➢ Notification & reminders
  - ➢ Community challenges

3.ARCHITECTURE

-FRONTEND : React.js with Bootstrap and Material UI

-BACKEND : Node.js and Express.js managing server logic and API endpoints

-DATABASE: MongDB stores user Data, Project information, Application and Chat messages

4.SETUP INSTRUCTIONS

- **PREREQUISTIES :**
  - Node.js
  - MongoDB

  - React.js
  - Git
  - Express.js
  - Mongoose
  - Visual Studio Code

- **INSTALLATION STEPS :**

```
# Clone the repository git clone

# Install client dependencies cd
../server npm install
```

5.FOLDER STRUCTURE

```
SB-Works/            # Main project folder
|
├── client/            # React frontend
|   ├── public/          # Static assets (index.html, icons, etc.)
|   └── src/            # Source code
|       ├── assets/       # Images, fonts, etc.
|       ├── components/   # Reusable UI components
|       |   ├── About.jsx
|       |   ├── Footer.jsx
|       |   ├── Hero.jsx
|       |   ├── HomeSearch.jsx
|       |   └── Navbar.jsx
|       ├── pages/        # Pages for routing
|       |   ├── Home.jsx
|       |   ├── Exercise.jsx
|       |   ├── BodyPartsCategory.jsx
|       |   └── EquipmentCategory.jsx
```

```
│       ├── styles/       # CSS files
│       │   ├── About.css
│       │   ├── Footer.css
│       │   ├── Hero.css
│       │   ├── Home.css
│       │   ├── HomeSearch.css
│       │   └── Navbar.css
│       ├── App.js
│       ├── App.css
│       ├── index.js
│       ├── index.css
│       └── setupTests.js
│
├── server/              # Node.js backend
│   ├── routes/          # API routes
│   │   └── userRoutes.js
│   ├── controllers/     # Business logic
│   │   └── userController.js
│   ├── models/          # Database models (Mongoose)
│   │   └── userModel.js
│   ├── config/          # DB config, environment
│   │   └── db.js
│   ├── server.js        # Main server entry point
│   └── package.json
│
├── .gitignore
```

├── README.md

└── package.json # Root package (if managing both client + server together)

6. RUNNING THE APPLICATION

- **FRONTEND :**

  Cd client
  npm start

- **BACKEND :**

  Cd server npm
  Start

- **ACCESS :** Visit https://localhost:3000

7. API DOCUMENTATION

- **USER :**
  - /api/user/register
  - /api/user/login
- **PROJECTS :**
  - /api/projects/create
  - /api/projects/:id
- **APPLICATIONS :**
  - /api/apply
- **CHATS :**
  - /api/chat/send
  - /api/chat/:userId

8. AUTHENTICATION

❖ JWT – based authentication for secure login
❖ Middleware protects private routes

9. USER INTERFACE

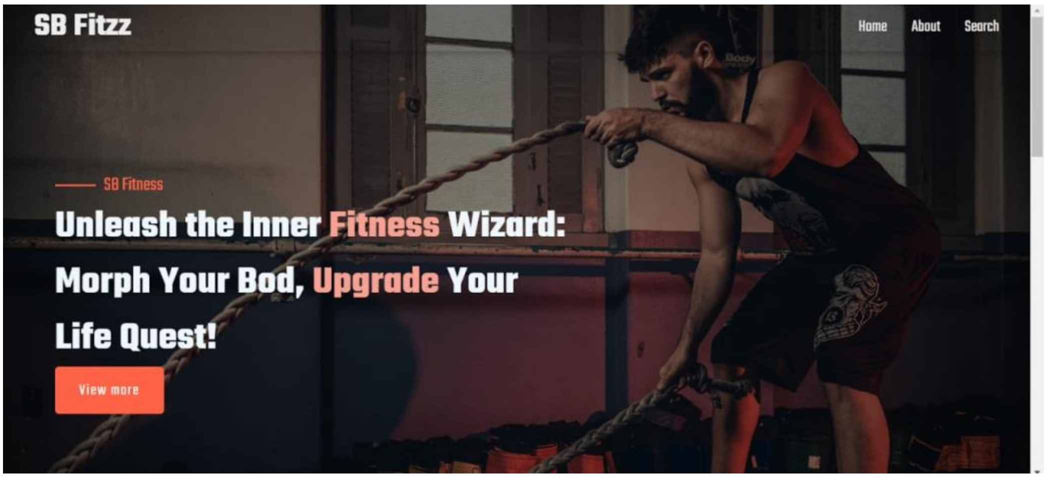
✓ Landing Page
✓ Freelancer Dashboard

- ✓ Admin Panel
- ✓ Project Details Page

10. TESTING

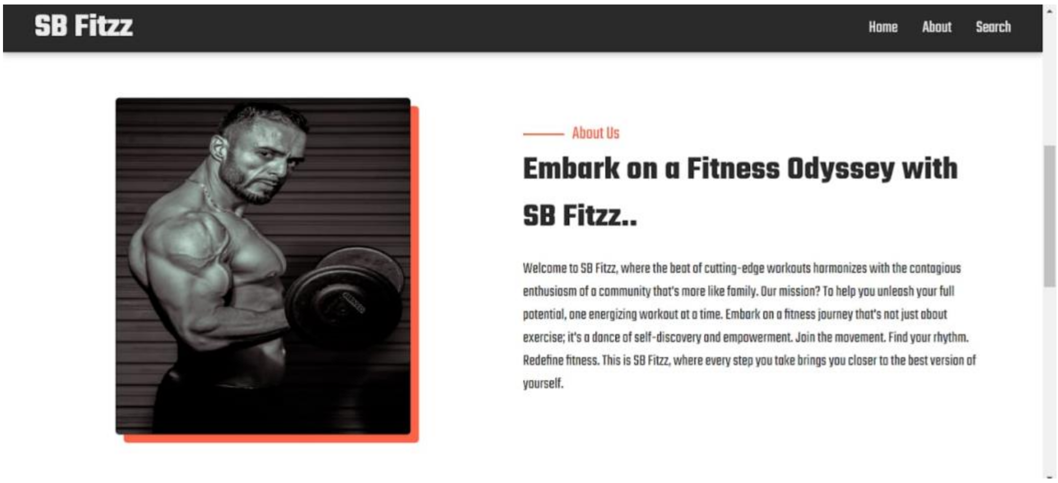
- ➢ Manual Testing During Milestones
- ➢ **Tools :**
  - o Postman
  - o Chrome Dev Tools

11. SCREENSHOTS or DEMO



SB Fitness

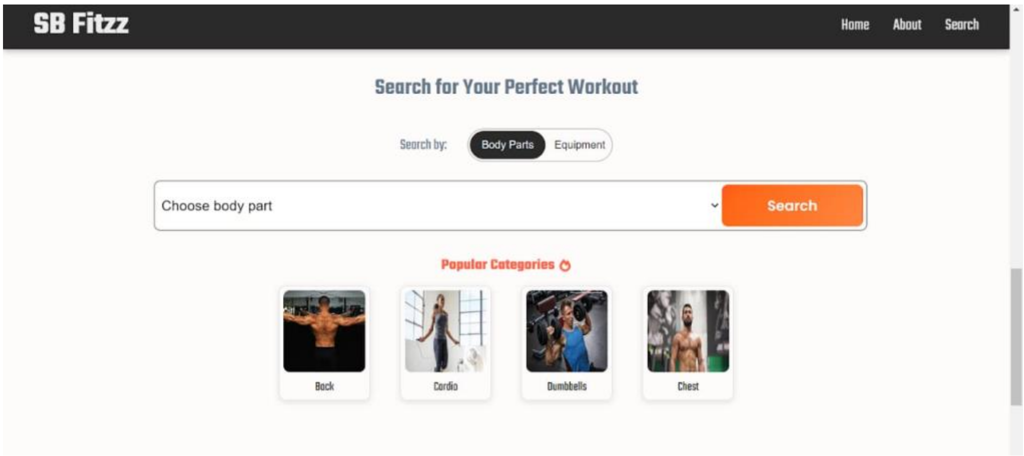
Unleash the Inner Fitness Wizard: Morph Your Bod, Upgrade Your Life Quest!



About Us

Embark on a Fitness Odyssey with SB Fitzz..

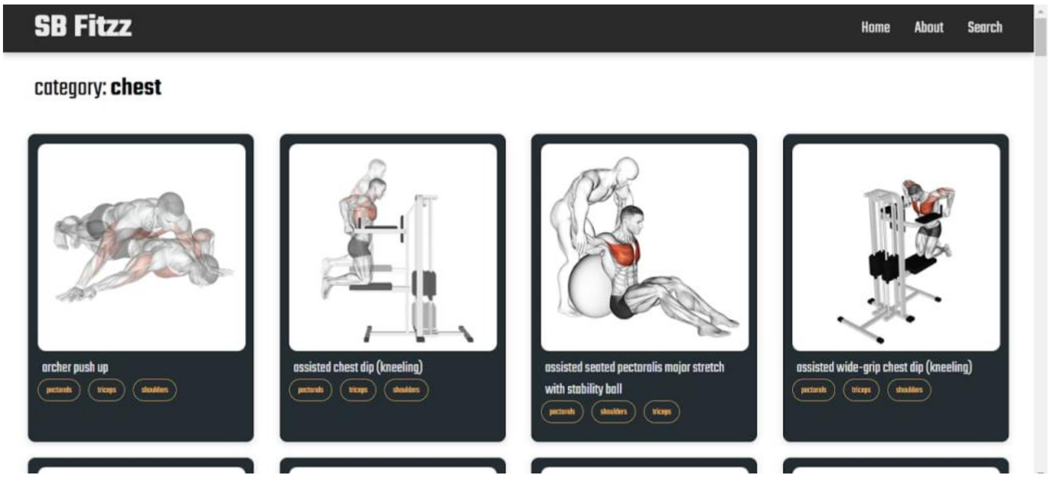
Welcome to SB Fitzz, where the beat of cutting-edge workouts harmonizes with the contagious enthusiasm of a community that's more like family. Our mission? To help you unleash your full potential, one energizing workout at a time. Embark on a fitness journey that's not just about exercise; it's a dance of self-discovery and empowerment. Join the movement. Find your rhythm. Redefine fitness. This is SB Fitzz, where every step you take brings you closer to the best version of yourself.



Search for Your Perfect Workout

Search by: Body Parts Equipment

Choose body part



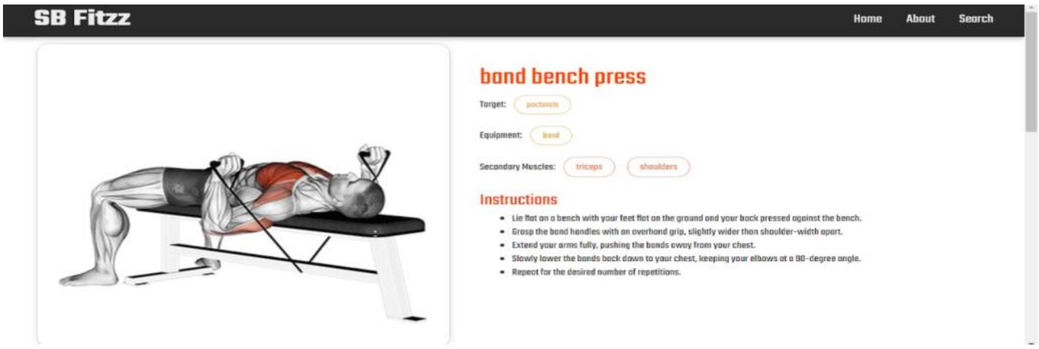
category: chest

archer push up
pectorals triceps shoulders

assisted chest dip (kneeling)
pectorals triceps shoulders

assisted seated pectoralis major stretch with stability ball
pectorals shoulders triceps

assisted wide-grip chest dip (kneeling)
pectorals triceps shoulders



band bench press

Target: pectorals

Equipment: band

Secondary Muscles: triceps shoulders

Instructions

- Lie flat on a bench with your feet flat on the ground and your back pressed against the bench.
- Grasp the band handles with an overhand grip, slightly wider than shoulder-width apart.
- Extend your arms fully, pushing the bands away from your chest.
- Slowly lower the bands back down to your chest, keeping your elbows at a 90-degree angle.
- Repeat for the desired number of repetitions.

12.KNOW ISSUES

- Profile Update Delay
- Notification Lag

- Project Proposal Limit
- Dashboard Stats
- Chat File Sharing
- Payment Gateway Error

13. FUTURE ENHANCEMENT

- Advanced Project Matching Algorithm
- Enhanced Chat Features
- In-App Payment Escrow
- AI-Powered Dispute Resolution
- Multilingual Support
- Gamification System