## **Project Documentation**

## Fitflex

## 1.Introduction

Fitflex is a smart fitness and wellness solution designed to help people stay healthy anytime, anywhere. It provides personalized workout plans, diet suggestions and progress.

**Fitflex project:**

* **Team ID** :NM2025TMID40420
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**2. Project overview**

**Purpose**: Through this project,we aim to promote a healthy life style, encourage regular exercise, and show how technology can make fitness more engaging and accessible.

**Features:**

- project posting and bidding

-secure chat system

-Feedback and review system

- Personalized Fitness Plans

**3. Architecture:**

* **Frontend:** React.js with bootstrap and material UI
* **Backend:** Node.js and express.js managing server logic and API endpoints
* **Database:** MongoDB stores user data, project information, applications, and chat messages

**4.Setup Instructions**

**Prerequisites:**

- Node.js

- MongoDB

- Git

- React.js

- Express.js-Mongoose-visual studio code

**Installation steps:**

#clone the repository git clone

#install client dependencies cd client npm install

#install server dependencies cd../server npm instal

5. folder structure

SB-works/

|--client/ #React frontend

|\_components/

L\_pages/

|\_server/ #Node.js backend

|\_routes/

|\_models/

|\_controllers/

**6. Running the application**

Fronted:

Cd client

Npm start

Backend:

Cd server npm

Start

Access:visit <http://localhost:3000>

**7.API Documentation**

User:

* /api/user/register
* /api/user/login

Projects:

* /api/projects/create
* /api/chat/: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

Projects Details Page

**10.Testing:**

**Functional Testing**

**User Acceptance Testing(UAT)**

Manual testing during milestones

Tools:Postman ,Chrome Dev Tools

11. Screenshots or Demo

**12.Known Issues:**

1.App Performance

2.User Experience

3.Data & Tracking

**13.Future Enhancements:**

1.Performance & Stability

2.User Experience

3.Accessibility & Reach