Web Development – Documentation

Technology Stack: React (Vite) + TypeScript + Tailwind CSS

1. Introduction

FitFlow is a fitness tracking application designed to help users monitor their workouts, track progress, and achieve fitness goals. It provides an interactive interface with a seamless user experience.

1.1 Purpose

- Enable users to track fitness progress.
- Provide an intuitive, engaging UI.
- Facilitate goal setting and user onboarding through a modal-based registration system.

2. Features

2.1 User Interface

- Responsive navigation bar (desktop & mobile).
- Sections: Features, Testimonials, Pricing, Call-to-Action.
- Clean, modern UI with Tailwind CSS.

2.2 State Management

Utilizes React's useState for managing UI state:

- **isMenuOpen:** Controls mobile menu visibility.
- **showModal:** Manages registration modal visibility.
- **formStep:** Tracks multi-step registration progress.
- **formData:** Stores user input (name, email, password, fitness goal, experience level).

2.3 Navigation

- Sticky navigation bar with smooth scrolling.
- Mobile-friendly menu toggle**.**

2.4 Modal Registration Flow

- **Step 1:** Collects user details (name, email, password).
- **Step 2:** Asks for fitness goal & experience level.
- **Completion:** Displays a welcome message upon successful registration.

2.5 Form Handling & Validation

- Input validation using TypeScript.
- State-driven form submission.

2.6 Customizable Options

3.Tech Stack

Technology	Usage
React (Vite)	Frontend framework
TypeScript	Type safety
Tailwind CSS	Styling

4.Styling & Design

- Tailwind CSS utility classes for responsive design.
- Gradient background for a modern aesthetic.
- Animations for smooth user interactions.

5. Conclusion

FitFlow is designed to provide an engaging fitness tracking experience. With a multi-step registration process, interactive UI, and responsive design, it ensures a smooth user experience.