📘 Project Documentation – Fit Flex : Your Personal Fitness Companion

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✨ 2. Introduction

Fit Flex is a modern mobile and web-based fitness application 🏋️‍♂️, designed to make personal health management simple and engaging.

It helps users track workouts, monitor nutrition, set fitness goals, and stay motivated with real-time progress insights.

Instead of juggling multiple apps or guesswork, Fit Flex provides a personal fitness companion – all in one place.

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🚀 3. Features

✔️ Workout Tracker – Log exercises, sets, reps, and duration.

✔️ Smart Recommendations – AI-powered workout & diet suggestions 🤖.

✔️ Nutrition Logging – Track calories, macros, and meal history 🍎.

✔️ Progress Dashboard – Visual insights into weight, strength, and habits 📊.

✔️ Goal Setting – Create custom fitness goals & reminders 🎯.

✔️ Community & Challenges – Join challenges, share progress, and stay motivated 💬.

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💻 4. System Requirements

Operating System 🖥️

Android 9.0+ / iOS 13+ (for mobile app)

Windows 10+ / macOS 11+ (for web app)

Software / Frameworks ⚙️

Node.js v16+

npm (Node Package Manager)

React Native / React.js

Firebase / MongoDB (database)

Dependencies 📦

Listed inside package.json

Install with:

npm install

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🛠️ 5. Installation Guide

Step-by-step setup:

1️⃣ Clone the repository

git clone https: https://github.com/shankarant2006-jpg/FitFlex-Your-Personal-Fitness-Companion

2️⃣ Move into the project folder

cd FitFlex

3️⃣ Install dependencies

npm install

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▶️ 6. Usage Instructions

To run the project (development):

npm start

🔗 Opens at: https://github.com/shankarant2006-jpg/FitFlex-Your-Personal-Fitness-Companion

Other commands:

npm test → Run test suite 🧪

npm run build → Build production-ready files 📦

npm run eject → Customize configuration 🛠️

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📂 7. Project Structure

FitFlex/

├─ src/ → Source code (components, screens, logic)

├─ assets/ → Images, icons, fonts

├─ public/ → Static files

├─ tests/ → Test cases

├─ package.json → Dependencies + scripts

├─ README.md → Documentation

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✅ 8. Testing

Run:

npm test

🧪 Interactive mode → See results in real-time

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🤝 9. Contributing

Steps for contributors:

1. Fork the repo 🍴

2. Create a branch → git checkout -b feature-name

3. Commit changes → git commit -m "message"

4. Push branch → git push origin feature-name

5. Open a Pull Request 🔥

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📜 10. License

This project is licensed under the MIT License ✅

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