

Project Documentation

1. Introduction

Project Title: Fitflex

Team ID

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2. Project Overview

Purpose:  FitFlex

1. Introduction

FitFlex is a modern fitness and wellness platform designed to help users track workouts, log nutrition, and monitor their progress toward health goals. Whether you are a beginner or a professional athlete, FitFlex adapts to your needs with personalized plans and insights.

Target Audience: Fitness enthusiasts, trainers, and anyone looking to improve health.

Admin control panel

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:



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```
# Clone the repository git clone  
# Install client dependencies cd  
client npm install  
# Install server dependencies cd  
./server npm install
```

5.

Folder Structure

```
SB-Works/  
|-- client/  
    # React frontend  
    |_ components/  
    L_ pages/  
    # Node.js backend  
server/  
    |_ routes/  
    |_ models/  
        |_ controllers/
```

6. Running the Application

Frontend:

```
cd.\code\  
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/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



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Homepage

Fitflex details page

Searching Space

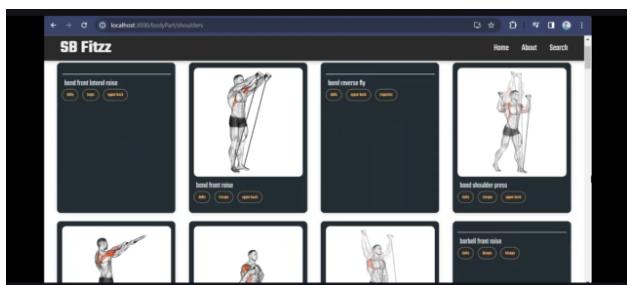
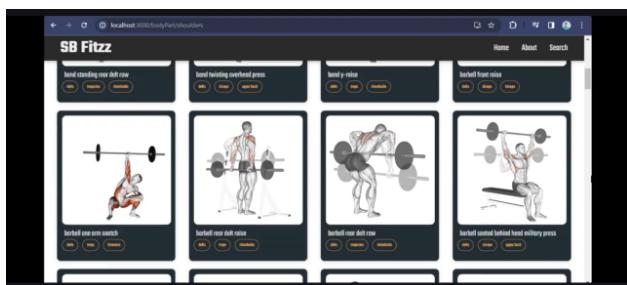
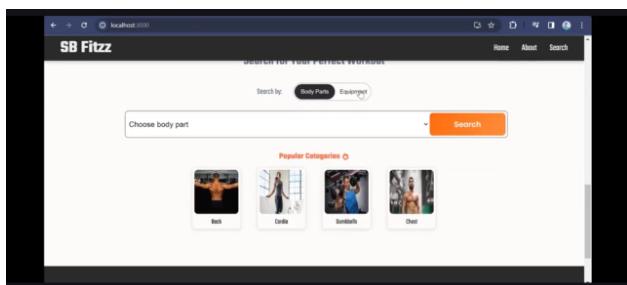
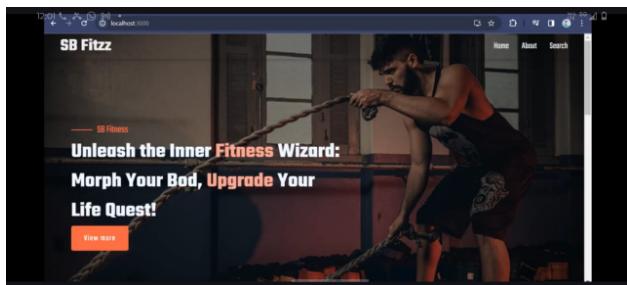
Fitness details

10. Testing

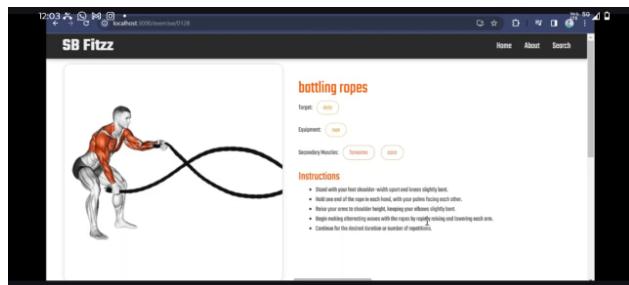
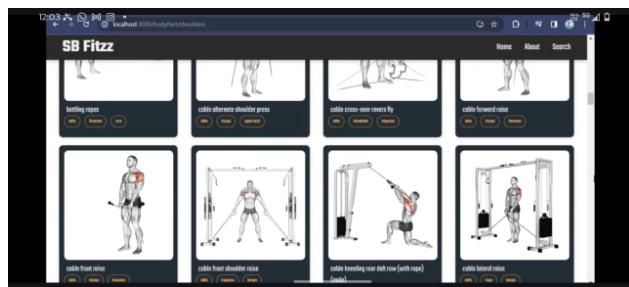
Manual testing during milestones

Tools: react.js,visualcode studio.

11. Screenshots or Demo



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12. future Enhancements

We Should Add more Fitness Exercises in our App



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