

## Project Title FitFlex – Fitness and Wellness App

### 1. Introduction

- Project Title FitFlex
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### 2. Project Overview

FitFlex is a fitness and wellness platform that helps users create custom workout plans, track nutrition, monitor goals, and stay motivated.

- Purpose Promote healthy habits and lifestyle
- Features
  - Workout planning
  - Diet and calorie tracker
  - Weekly reports
  - Mobile responsive design

### 3. Architecture

- Frontend: ReactJS with Bootstrap
- Backend: Node.js Express – REST API
- Database: MongoDB for storing users, workouts, meals, goals

### 4. Setup Instructions

- Prerequisites
  - Node.js
  - MongoDB
- Tools
  - Git
  - ReactJS
  - MongoDB Compass/ VS Code
- Installation Steps
  1. Clone repository
  2. Run npm install
  3. Set up .env
  4. Start both servers

### 5. Folder Structure

FitFlex/

/frontend/  
/backend/  
  /models/  
  /routes/  
  /controllers/

## 6. Running the Application

- Frontend:  
  npm start  
  npm run dev
- Run on: http://localhost:3000

## 7. API Documentation

- User:
  - POST /api/user/register
  - POST /api/user/login
- Workout:
  - POST /api/workout/add
  - GET /api/workout/view

## 8. Authentication

- JWT-based secure login
- Middleware for protected routes

## 9. User Interface

- Pages
  - Login
  - Dashboard
  - Workout Tracker
  - Nutrition Page
  - Profile

## 10. Testing

- Manual UI and API testing
- Tools Postman, DevTools

## 11. Screenshots or Demo

(Add screenshots of login, dashboard, API responses)

## 12. Known Issues

- Delay in loading stats

- No push notifications

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### 13. Future Enhancements

- Sync with fitness devices
- Add community & challenges
- Weekly health tips