***Project Title: FitFlex – Fitness and Wellness App***

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1. Introduction

- Project Title: FitFlex

- Team ID: [NM2025TMTD34848]

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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

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3. Architecture

- Frontend: ReactJS with Bootstrap

- Backend: Node.js, Express.js – REST API

- Database: MongoDB for storing users, workouts, meals, goals

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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

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5. Folder Structure

FitFlex/

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├── /frontend/

├── /backend/

│ ├── /models/

│ ├── /routes/

│ └── /controllers/

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6. Running the Application

- Frontend:

npm start

npm run dev`

- Runs on: http://localhost:3000

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7. API Documentation

- User:

- POST /api/user/register

- POST /api/user/login

- Workout:

- POST /api/workout/add

- GET /api/workout/view

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8. Authentication

- JWT-based secure login

- Middleware for protected routes

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9. User Interface

- Pages:

- Login

- Dashboard

- Workout Tracker

- Nutrition Page

- Profile

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10. Testing

- Manual UI and API testing

- Tools: Postman, DevTools

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11. Screenshots or Demo

(Add screenshots of login, dashboard, API responses)

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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