**Project Documentation**

**FitFlex-Your Personal Fitness Companion**

**1.Introduction**

#  Project Title: FitFlex-Your Personal Fitness Companion

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# 2. Project Overview

**Purpose:** FitFlex -Your Personal Fitness Companion empowers professionals and organisational to navigate emerging trends, share real time insights , and adapt to evolving business landscape through collaborative learning, analysis and communication  **Features:**

* Fitness companion
* Secure chat system
* Feedback and review system
* Admin control panel

**3. Architecture**

 Frontend: React.js with Bootstrap and Material UI

# 4. Setup Instructions

 **Prerequisites:**

* Node.js
* Git
* React.js
* Express.js – Visual Studio Code  **Installation Steps:**

# 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/

# |\_\_ server/ # Node.js 6. Running the Application

 **Frontend:**

* cd client
* npm start

 **Access: Visit** [**http://localhost:3000**](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**

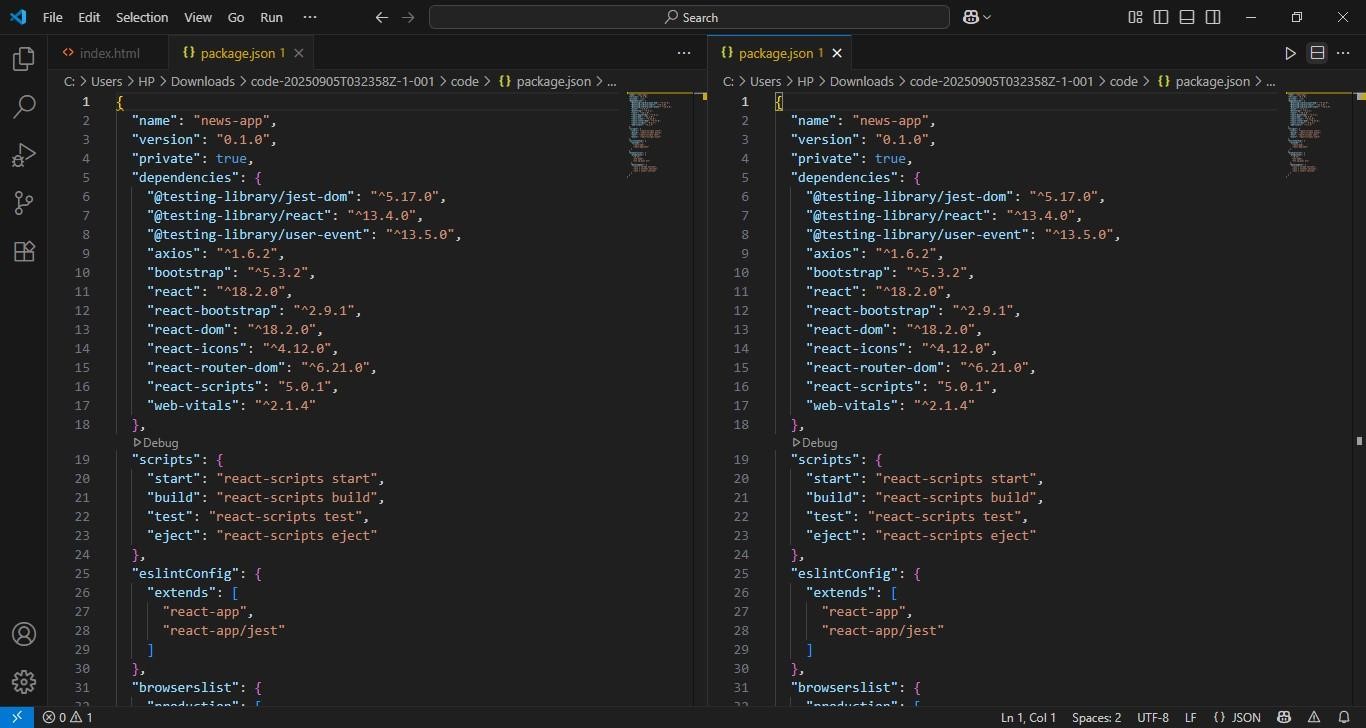
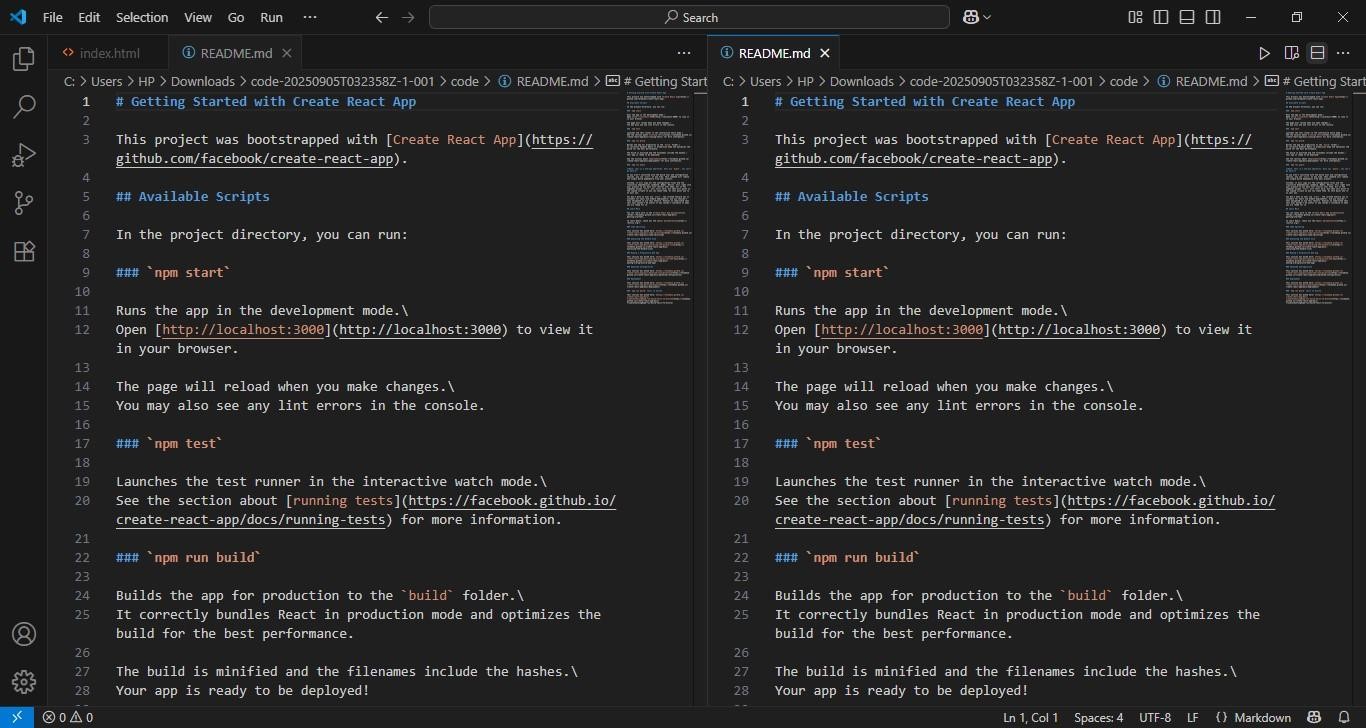
# 9. User Interface

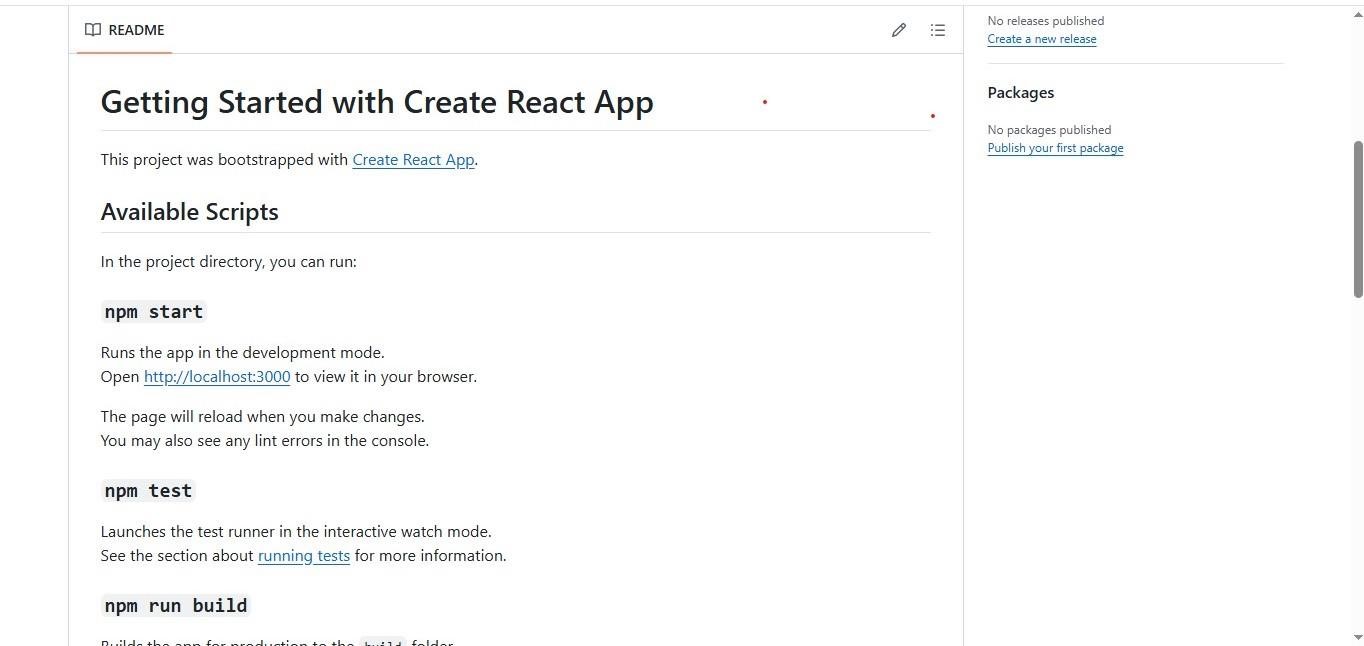
* Landing Page
* Freelancer Dashboard
* Admin Panel
* Project Details Page

# 10. Testing

* Manual testing during milestones
* Tools: Postman, Chrome Dev Tools

# 11. Screenshots





1. Known **Issues**
   * API Rate Limits
   * Server Problem
   * Navigation Glitches
2. Future Enhancements
   * Analytics Dashboard
   * Search Functionality
   * User Authentication