

Project Documentation

FitFlex: Your Personal Fitness Companion

### 1. Team overview

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- Project Overview:  
purpose: To provide users with a personal fitness companion app that helps track workouts, view health tips, and build a healthy lifestyle.
- Features:  
User-friendly design, workout tracking, and responsive interface.

### 3. Architecture

- Component Structure:  
Major components include Header, WorkoutList, Tips, and Footer. Each component is modular and reusable.
- State Management:  
Handled using React's useState hook for local state and props for data sharing between components.

### 4. Setup Instructions

- Prerequisites:  
Node.js and npm must be installed.
- Installation:  
Extract the project folder    open in VS Code    run npm install    run npm start

### 5. Folder Structure

- Client:  
Contains src/ folder with components, assets, and styles.
- Utilities:

Includes helper functions like hooks and reusable CSS.

## 6. Running the Application

Use the command: `npm start` in the project folder.

The app runs locally at <http://localhost:3000>.

## 7. Component Documentation

- Key Components:

Header (navigation), Workout (exercise details), Footer (app info).

- Reusable Components:

Buttons and cards are reused across multiple pages

## 8. State Management

- Global State:

Not required since app is simple; React local state is enough.

- Local State:

`useState` manages form inputs, workout lists, and UI updates.

## 10. Styling

CSS Frameworks/Libraries:

Plain CSS and React's built-in styling.

- Theming:

Clean, minimal theme with focus on fitness and wellness.

## 11. Testing

- Testing Strategy:

Manual testing by running app on localhost and checking all components.

- Code Coverage:

Verified that all pages load correctly and interactions work.

## 13. Known Issues

Some warnings appear during compilation, but app still runs successfully.

Limited features compared to a fully deployed fitness app.

## 14. Future Enhancements

Add a BMI calculator and diet planner.

Implement user login system for personalized tracking.