

Project Documentation  
FitFlex: Your Personal Fitness Companion

## 1. Team overview

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## 2. Project Overview

purpose:To provide users with a personal fitness companion app that helps trackworkouts, view health tips, and build a healthy lifestyle.

- Features:

User-friendly design, workout tracking, and responsive interface.

## 3.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.