PROJECT TITLE:

FITFLEX: YOUR PERSONAL FITNESS COMPANION

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PROJECT TITLE

FitFlex is designed to be more than just a fitness website, it's a complete digital companion for anyone looking to improve their health and lifestyle. The platform offers a wide range of workout plans, including full-body routines, cardio exercises, and strength training programs, each explained with sets, reps, and clear instructions to guide beginners as well as regular fitness enthusiasts. Alongside workouts, the nutrition section provides practical guidance with balanced diet plans, high-protein meals, and vitamin-rich foods that support recovery, immunity, and long-term well-being. To help users track their progress, FitFlex also includes a simple BMI calculator that instantly shows body mass index and health category. The website's clean design, organized layout, and Back button navigation make it easy to explore every section without confusion. By combining fitness, nutrition, and progress tracking, FitFlex empowers users to stay consistent, motivated, and focused on achieving their goals — all in one convenient place.

OBJECTIVE

The objective of FitFlex is to provide a complete fitness companion that brings together workouts, nutrition, health tracking, and user support in one platform. It offers structured exercise routines such as full-body workouts, cardio, and strength training, along with practical diet guidance through balanced meals, high-protein options, and vitamin-rich foods. A built-in BMI calculator allows users to track their health progress instantly, while the Contact page ensures they can easily reach out for queries, suggestions, or support. With its clean design, smooth navigation, and interactive features, FitFlex encourages consistency, promotes healthy living, and helps users stay motivated in achieving their fitness goals.

PLATFORM AND TECHNOLOGY USED

1.Frontend Development

- HTML5: For structuring the web pages.

- CSS3: For styling, layout, and visual design.

- React.js: For creating dynamic, component-based user interfaces.

2. Backend / Runtime Environment

- Node.js: Provides the JavaScript runtime environment needed for React development and package execution.

3. Package Management & Build Tool

- npm (Node Package Manager): For installing and managing project dependencies.

- Vite: Used as the development server and build tool for faster performance.

4. Development Environment & Version Control

- Visual Studio Code (VS Code): Code editor for building and managing the project.

- GitHub: For version control, storing source code, and collaboration.

5. Platform Compatibility

- The website runs entirely in web browsers and is fully responsive, making it accessible on desktops, laptops, tablets, and smartphones.

IMPLEMENTATION / PROCESS

1. Project Setup:

   o The project was developed using Visual Studio Code (VS Code) as the main editor.

   o Node.js and npm were installed to support React and manage required dependencies.

   o The project was initialized with Vite, which provided a fast development server and build configuration.

2. Frontend Development:

   o The website was built using React.js, with reusable components for different sections such as Homepage, Workouts, Nutrition, BMI Calculator, and Contact.

   o HTML5 was used to structure the pages, while CSS3 was applied for layout, background color, and overall styling.

   o Navigation was implemented through the top menu and Back buttons at the bottom of workout and nutrition pages for smooth movement between sections.

3. Workouts Section:

   o Three categories were implemented: Full Body, Cardio Blast, and Strength Training.

   o Each page includes exercises with names, sets, reps, and simple instructions for the user.

4. Nutrition Section:

   o Divided into Balanced Diet, High Protein, and Vitamins & Minerals.

- Each section highlights food options along with their benefits for fitness and health.

5. BMI Calculator:

- Built using JavaScript logic inside React.

- Accepts user input for weight and height, calculates BMI, and displays the result with a health category.

6. Contact Page:

- A simple form was designed for users to enter their details and send queries or feedback.

7. Testing and Debugging:

- The website was tested by running it in the VS Code terminal using the Vite development server.

- Errors and bugs were resolved during testing to ensure smooth navigation and responsiveness across pages.

8. Version Control & Hosting:

- The complete project was uploaded to GitHub for version control and source code management.

OUTPUT

The output of the FitFlex project is a fully functional fitness website that provides users with a complete fitness companion. When the project is executed using the Vite development server in the VS Code terminal, the website opens in the browser with a clean, responsive, and user-friendly interface.

Homepage: Displays the website title "FitFlex: Your Personal Fitness Companion" along with navigation links to Workouts, Nutrition, BMI Calculator, and Contact.
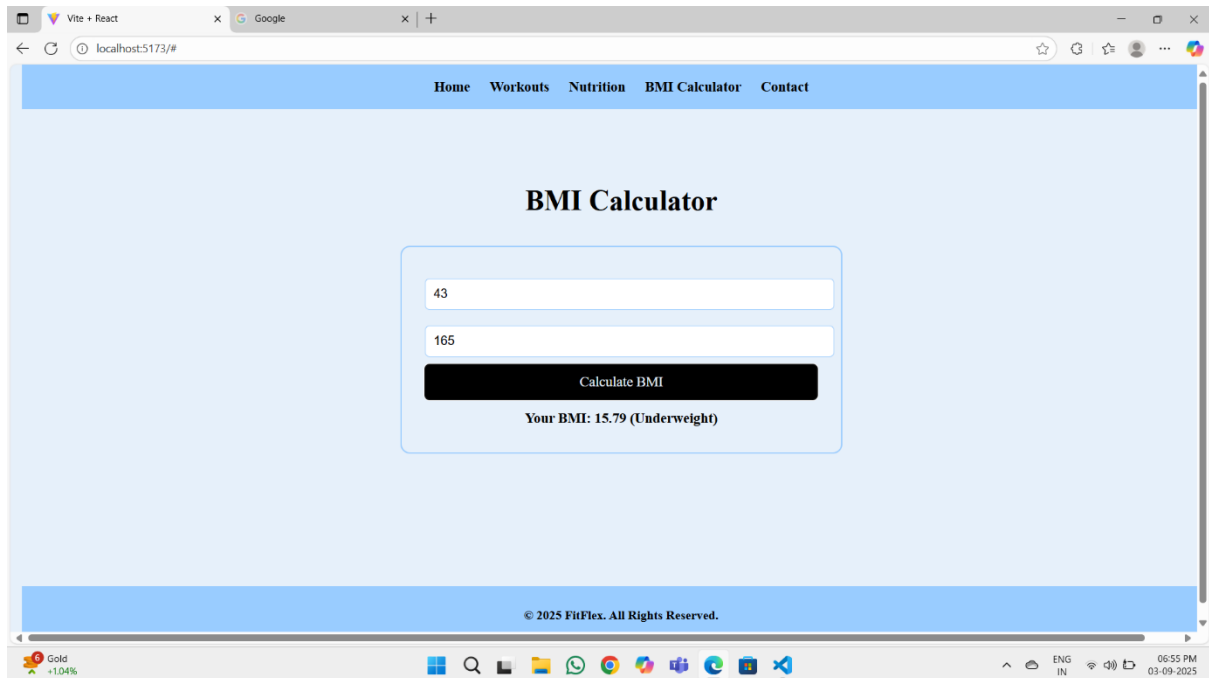

Workouts Section: Shows three categories — Full Body, Cardio Blast, and Strength Training. Each page lists multiple exercises with sets, reps, and instructions, ending with a Back button for smooth navigation.
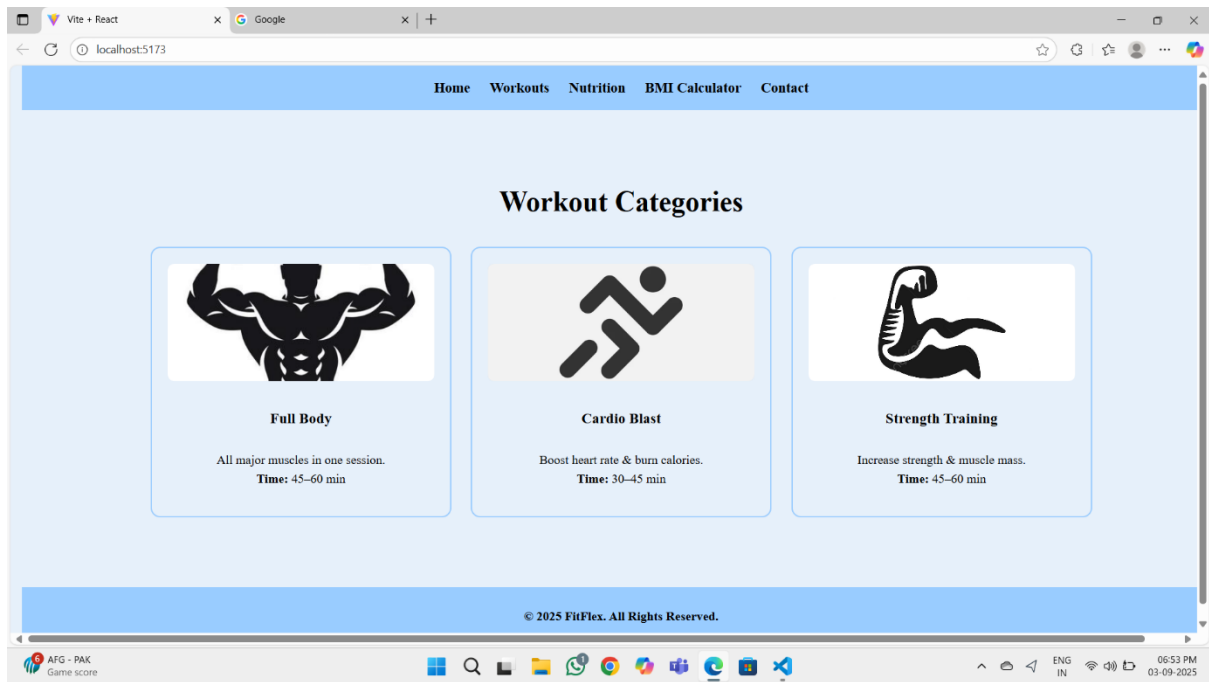
Nutrition Section: Contains three categories — Balanced Diet, High Protein, and Vitamins & Minerals. Each page presents food options with health benefits and ends with a Back button.
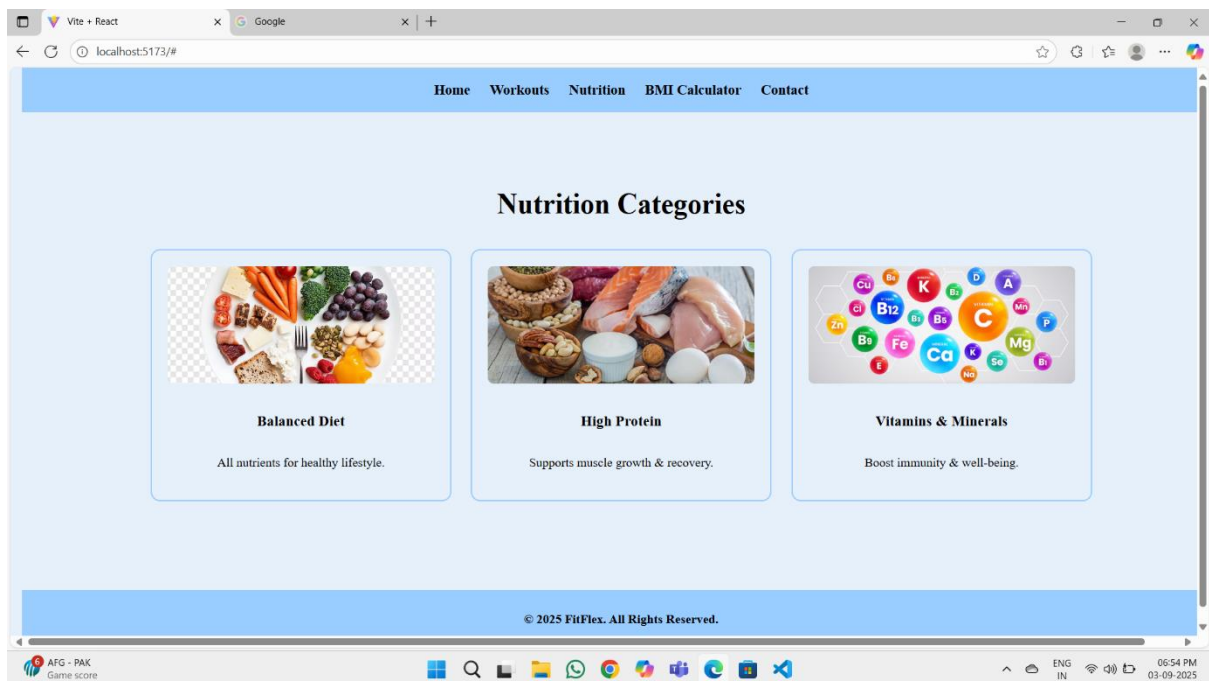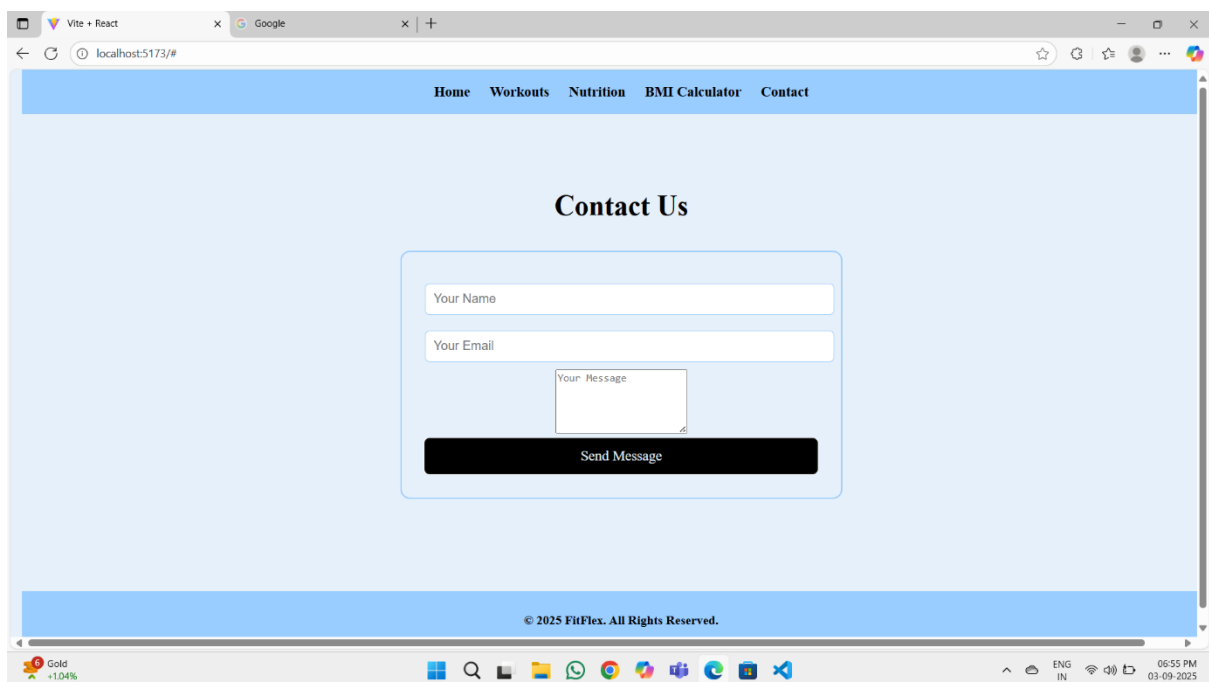
BMI Calculator: Allows users to enter weight and height, then displays the calculated Body Mass Index along with the health category such as underweight, normal, overweight, or obese.

Contact Page: Provides a simple form where users can submit queries, feedback, or suggestions.

Design & Responsiveness: The output website maintains a consistent color theme, is simple to use, and works across different screen sizes.

Overall, the output demonstrates a complete fitness platform that integrates workouts, nutrition guidance, BMI tracking, and user interaction through the contact page.

THANK YOU!