Project Documentation
FitFlex:Your Personal Fitness Companion
1.Team overview
Team ID:NM2025TMID42671

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Team ID:
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2.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

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.