

Project Document

Fitflex:your personal fitness companion

1.Introduction

✓ **Project Title:** FitFlex:your personal Fitness companion

❖ **Team**

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Team Leader:

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2. Project Overview

❖ **Purpose:** FitFlex is designed to help users achieve their fitness goals by providing personalized workout plans,exercise tracking, and progress monitoring. The platform offers intuitive navigation,motivating Features, and insightful analytics to enhance the user's fitness journey. **Features:**

- - Personalized Workout Plans
- - Exercise Category Filter(e.g., Strength, Cardio, Yoga, etc.)
- - Progress Tracking and Goal setting
- - Daily Workout Reminders
- - Interactive Workout Demonstrations
- - Bookmark Feature for Favorite Exercise
- Light/Dark Mode for Improved Users Experience
- - Responsive Design for Mobile and Desktop

3. Architecture

Component Structure:

App.js__ Root component that manages layout and routing

Header.js__ Navigation bar with search functionality

WorkoutList. Js__ Displays categorized workout plans

WorkoutCard.js__ Individual workout details with instructions

WitkoutDetails.js__ Displays step-by-step workout guidance

Footer.js__ Provides useful fitness tips and motivational quotes

State Management:

- Context API __ Manages global states like them preferences, saved workouts, and progress tracking

Routing:

- React Router __ Used for seamless navigation across categories, workout details, and user profile

4. Setup Instructions

❖ Prerequisites:

- Node. js (v18 or higher)
- npm or yarn

Installation:

1.Clone the Repository:

```
''
```

```
Git      clone      https://
```

```
github.com/darunraj0071/fitflex
```

```
-app.git cd fitflex-app
```

```
''
```

2.Install Dependence:

```
''
```

```
npm install
```

```
''
```

3.Create '.env' file:

```
'''REACT_APP
```

```
_FITNESS_API_KEY=your_api_key_here
```

```
'''
```

4.Run the Application:

```
''
```

```
npm start
```

```
''
```

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>

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**

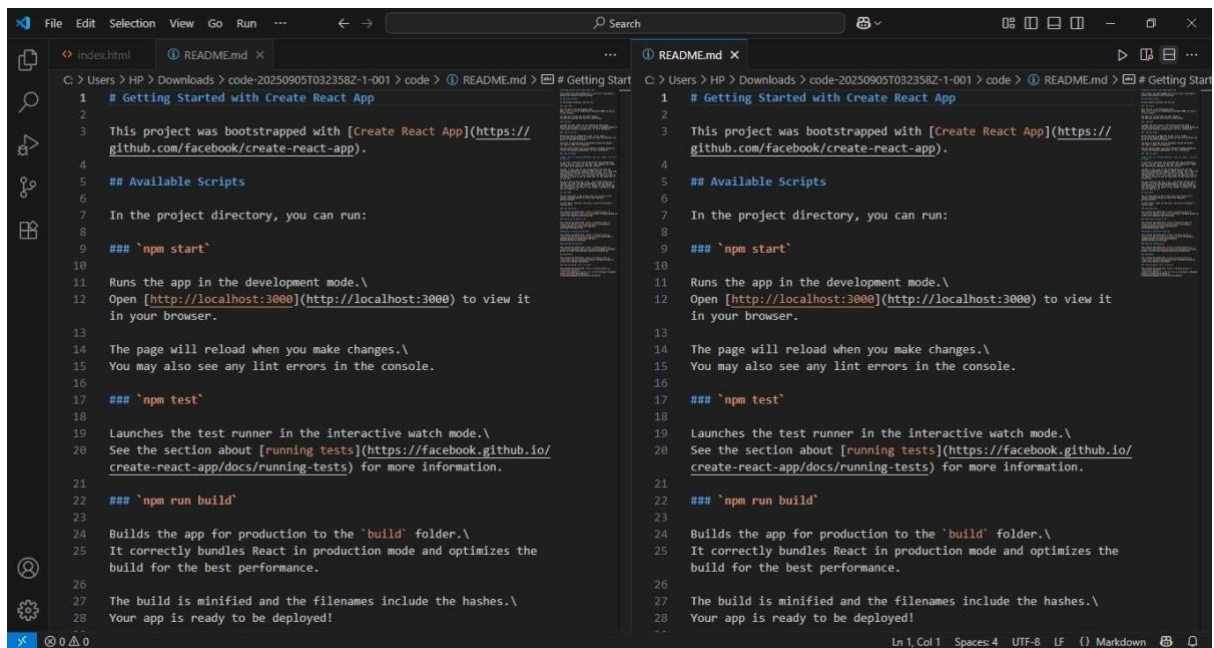
9. User Interface

- ❖ Landing Page
- ❖ Freelancer Dashboard
- ❖ Admin Panel
- ❖ Project Details Page

10. Testing

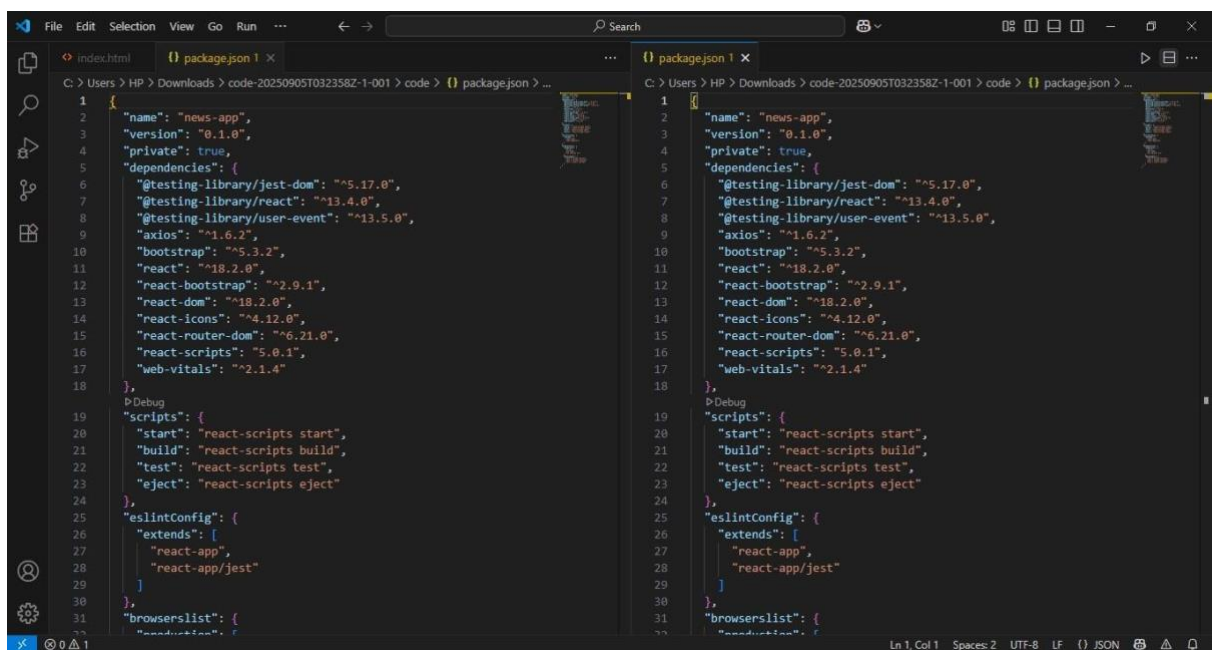
- ❖ Manual testing during milestones
- ❖ Tools: Postman, Chrome Dev Tools

11. Screenshots



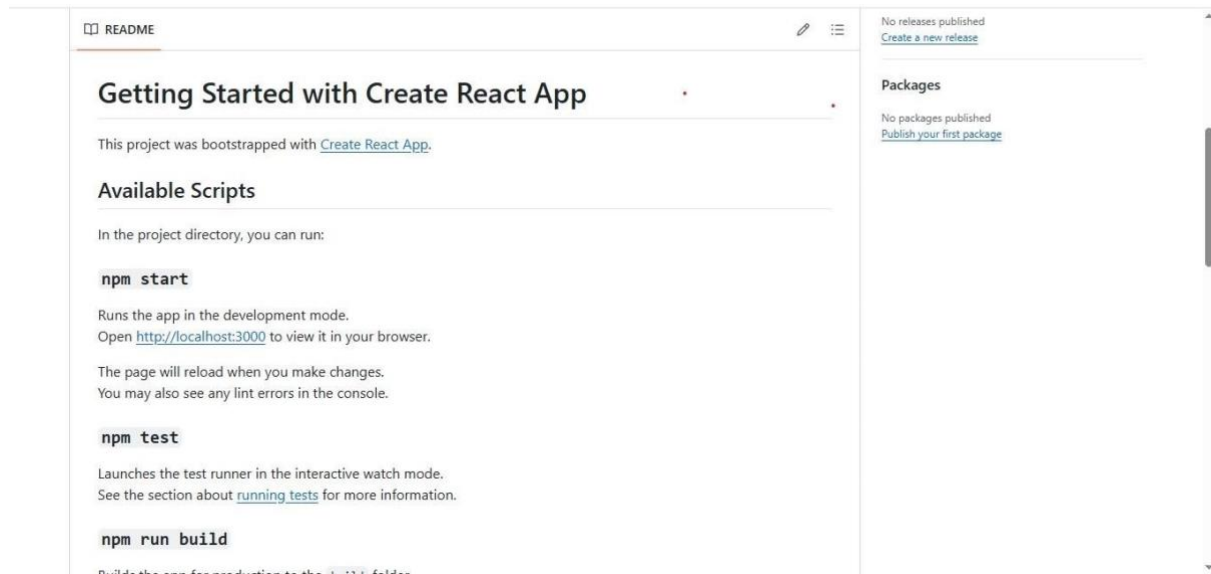
This screenshot shows a code editor with the README.md file open. The file contains instructions for getting started with a Create React App project. The text is as follows:

```
1 # Getting Started with Create React App
2
3 This project was bootstrapped with [Create React App](https://
4   github.com/facebook/create-react-app).
5
6 ## Available Scripts
7
8 In the project directory, you can run:
9
10 ### `npm start`
11
12 Runs the app in the development mode.\
13 Open [http://localhost:3000](http://localhost:3000) to view it
14   in your browser.
15
16 The page will reload when you make changes.\
17 You may also see any lint errors in the console.
18
19 ### `npm test`
20
21 Launches the test runner in the interactive watch mode.\
22 See the section about [running tests](https://facebook.github.io/
23   create-react-app/docs/running-tests) for more information.
24
25 ### `npm run build`
26
27 Builds the app for production to the `build` folder.\
28 It correctly bundles React in production mode and optimizes the
29   build for the best performance.
30
31 The build is minified and the filenames include the hashes.\
32 Your app is ready to be deployed!
```



This screenshot shows a code editor with the package.json file open. The file contains the project's metadata and dependencies. The text is as follows:

```
1 {
2   "name": "news-app",
3   "version": "0.1.0",
4   "private": true,
5   "dependencies": {
6     "@testing-library/jest-dom": "^5.17.0",
7     "@testing-library/react": "^13.4.0",
8     "@testing-library/user-event": "^13.5.0",
9     "axios": "^1.6.2",
10    "bootstrap": "^5.3.2",
11    "react": "^18.2.0",
12    "react-bootstrap": "^2.9.1",
13    "react-dom": "^18.2.0",
14    "react-icons": "^4.12.0",
15    "react-router-dom": "^6.21.0",
16    "react-scripts": "5.0.1",
17    "web-vitals": "^2.1.4"
18  },
19  "scripts": {
20    "start": "react-scripts start",
21    "build": "react-scripts build",
22    "test": "react-scripts test",
23    "eject": "react-scripts eject"
24  },
25  "eslintConfig": {
26    "extends": [
27      "react-app",
28      "react-app/jest"
29    ]
30  },
31  "browserslist": {
```



12. Known Issues

- ❖ API Rate Limits
- ❖ Server Problem
- ❖ Navigation Glitches

13. Future Enhancements

- ❖ Analytics Dashboard
- ❖ Search Functionality
- ❖ User Authentication