

# Project Documentation

## 1 PROJECT TITLE: FITFLEX – FITNESS AND WELLNESS APP

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### 1. Introduction

- Project Title: FitFlex

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### 2. Project Overview

FitFlex is a fitness and wellness platform that helps users create custom workout plans, track nutrition, monitor goals, and stay motivated.

- Purpose: Promote healthy habits and lifestyle

- Features:

- Workout planning

- Diet and calorie tracker

- Weekly reports

- Mobile-responsive design

### 3. Architecture

- Frontend: ReactJS with Bootstrap

- Backend: Node.js, Express.js – REST API

- Database: MongoDB for storing users, workouts, meals, goals

### 4. Setup Instructions

- Prerequisites:

- Node.js
- MongoDB

- Tools:

- Git
- ReactJS
- MongoDB Compass / VS Code

- Installation Steps:

1. Clone repository
2. Run npm install
3. Set up .env
4. Start both servers

5. Folder Structure

FitFlex/

```
|
|
|— /frontend/
|— /backend/
|  |— /models/
|  |— /routes/
|  └— /controllers/
```

6. Running the Application

- Frontend:

npm start

- Backend:

npm run dev

- Runs on: <http://localhost:3000>

## 7. API Documentation

### - User:

- POST /api/user/register
- POST /api/user/login

### - Workout:

- POST /api/workout/add
- GET /api/workout/view

## 8. Authentication

- JWT-based secure login
- Middleware for protected routes

## 9. User Interface

### - Pages:

- Login
- Dashboard
- Workout Tracker
- Nutrition Page
- Profile

## 10. Testing

- Manual UI and API testing
- Tools: Postman, DevTools

## 11. Screenshots or Demo

(Add screenshots of login, dashboard, API responses)

## 12. Known Issues

- Delay in loading stats

- No push notifications

### 13. Future Enhancements

- Sync with fitness devices
- Add community & challenges
- Weekly ...