

W.ALLfit Project Report

Overview

W.ALLfit is a web-based fitness application consisting of a frontend (React) and backend (Node.js/Express). It provides users with workout program management, profile customization, and community interaction features.

Technical Architecture

Frontend (Client)

- Framework: React 19 with Vite - Routing: React Router DOM - Styling: Tailwind CSS 4 - Animations: Framer Motion - HTTP Client: Axios - Key Features: * Light/Dark mode support * Fully responsive design * Modern and user-friendly interface

Backend (Server)

- Framework: Express 5 - Database: MongoDB with Mongoose ORM - Authentication: JSON Web Tokens (JWT) - Security: bcrypt for password hashing - CORS: Configured to support cross-origin requests

Core Features

1. Authentication - User registration - User login - Session management using JWT 2. User Profile - View and update user information - Manage personal data (age, weight, height, goals) 3. Workout Programs - View and customize workout programs - Manage nutrition and exercise routines 4. Community - Share posts and interact with users 5. Dashboard - Display statistics and track progress

Deployment

- Supports deployment on Railway and Vercel - Serves React build files in production - CORS configured for multiple environments

Current Status

The project is currently in active development, with core features already implemented.