

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.