1. Download the 1.8.2 version of the Arduino Integrated Development Environment (IDE) software.
2. Open the Arduino IDE and go to the "Preferences" menu.
3. Add a new URL for the Adafruit board manager by adding the following link to the "Additional Board Manager URLs" setting:<https://adafruit.github.io/arduino-board-index/package_adafruit_index.json>.
4. Go to the "Boards Manager" under the "Tools" menu, search for "Adafruit nRF52," and install it.
5. Select the "Adafruit Feather nRF52832" board from the "Tools" menu.
6. Connect your board to your computer.
7. Identify the correct serial port for your board in the "Device Manager."
8. Make sure the correct serial port is selected in the Arduino IDE under the "Tools" menu.
9. Download the code file from the following link:<https://drive.google.com/file/d/1c-6pmIpI3OBxZbIts5aktu7tMJwVAPpF/view?usp=share_link>
10. Create a folder for the code and open it in the Arduino IDE.
11. Compile the code, but you will encounter error messages because some libraries are missing.
12. Download and install the "Adafruit Motorshield.h" and "Adafruit\_I2CDevice.h" libraries from the internet.
13. Recompile the code and upload it to the board.
14. Test the code to ensure it's working properly.

That's it! The steps may seem complicated, but with persistence and some patience, you can get your board up and running in no time.