First time setup

install node lts 8.9.4
installed latest git
       -set notepadd++ as default editor
       -added unix tools to windows path
opened command prompt and issued
       npm install -g ionic cordova
Register for dashboard account
       https://dashboard.ionicjs.com/login
git config --global user.name "FirstName LastName"
git config --global user.email "email@address.com"
ionic start MyApp blank
       -creates new application
       -no to android/iOS integration
       -yes to sdk
       -auto generate ssh key
       -login to premium account
cd MyApp
       -have to be in project to run serve
ionic serve
       -starts the application
ionic link
       -only need if want to deploy app to ionic view app on device
git push ionic master
       -only need if want to deploy app to ionic view app on device

Subsequent runs
ionic start
ionic serve