First, install Ubuntu on Windows 10:
https://www.microsoft.com/en-us/p/ubuntu/9nblggh4msv6?activetab=pivot:overviewtab

More detailed instruction is provided here:
https://ubuntu.com/tutorials/ubuntu-on-windows#1-overview

Then, update and upgrade all the packages up-to-date by

$ sudo apt-get update
$ sudo apt-get install

Next, install Anaconda on Windows 10 Ubuntu Terminal.
Detailed instruction can be found here:
https://gist.github.com/kauffmanes/5e74916617f9993bc3479f401dfec7da

Once you successfully installed Anaconda on Windows 10 Ubuntu terminal, please follow the same procedure to install ASCENDS in MacOS/Linux.

Clone the repository by doing

```
git clone https://github.com/ornlpmcp/ASCENDS.git
```
Go to the ASCENDS directory and create a new Python environment for ascends by doing:

```
conda env create -f environment.yml --name ascends
```
Please refer to the environent.yml for dependencies.

To activate an environment in your Terminal Window, run

```
conda activate ascends
```
You will see the active environment in parentheses at the beginning of your command prompt:

```
(ascends) $
```
Now you're ready to use ascends. Please see the next section for a quick start guide.
To check if you properly installed ascends-toolkit, run

```
python train.py --help
```
If you see the usage help of regression trainer, you're ready to go. Now have fun with ascends-toolkit.

To deactivate the current Anaconda environment, after using ascends in your Terminal Window, run

```
conda deactivate
```

To make sure ascends-toolkit has been properly installed and lear how the tool can be used, please go over the following tutorials.