

## Build/Installation/Initialization/Launch Instructions for Fitness App:

Clone the Repository:

- Open your terminal and navigate to the directory where you want to clone your project.
- Run the command: `git clone [your_repository_url.git]`.

Install Node.js and npm:

- Ensure Node.js and npm are installed on your machine.
- You can download them from <https://nodejs.org/>.

Install Project Dependencies:

- Navigate to the project directory in the terminal.
- Run `npm install` to install the required dependencies.

Set Up MySQL Database:

- Open XAMPP and start the MySQL server.
- Access PHPMyAdmin through <http://localhost/phpmyadmin/>.
- Create a new database named `fitness_hub`.
- Inside the `fitness_hub` database, create a table named `users` with relevant fields.

Configure Database Connection:

- In your project, locate the database configuration file.
- Update the connection details (host, user, password) to match your MySQL setup.

Run the Application:

- In the terminal, run the command: `npm start` or `node app.js`.
- The application will be accessible at <http://localhost:5000/>.

View in Browser:

- Open your web browser and go to <http://localhost:5000/> to view your fitness app.

Test the App:

- Interact with different features to ensure everything works as expected.
- Check user registration, login, and any other functionalities you've implemented.

Styling with Bootstrap:

- Confirm that Bootstrap styling is applied consistently across the app.
- Adjust styles as needed for a cohesive and visually appealing design.

Launch the App:

- Once satisfied with testing, your fitness app is ready to launch!

- Deploy it to your desired hosting platform for public access.