**MyHealthTracker Application Run Guide (Windows)**

This guide explains how to run the MyHealthTracker application in a Windows environment, assuming all dependencies are already installed.

**Prerequisites**

1. Ensure that Python (version 3.x) and Node.js (version 16.x or above) are installed on your system.
2. Confirm that all required dependencies and libraries have already been installed in the environment.
3. The project files, including the script run\_servers.sh, are located in the root directory of the project.

**Steps to Run the Application**

**Step 1: Navigate to the Project Directory**

Open a Command Prompt window and navigate to the root folder of the project where run\_servers.sh is located. Use the cd command, for example:

cd C:\path\to\MyHealthTracker

**Step 2: Run the Application**

Run the script run\_servers.sh using the bash command provided by tools like Git Bash or any shell that supports Bash scripts. Execute the following command:

bash run\_servers.sh

**Step 3: Verify the Servers**

1. The backend Flask server will run on port 5001.
2. The frontend will run on port 3000.

You can verify that the servers are running by visiting the following links in your browser:

* **Backend API Documentation:** http://localhost:5001
* **Frontend Application:** http://localhost:3000

**Step 4: Interact with the Application**

Use the application’s frontend to log in, register, or test its features. The backend API will handle data processing and storage automatically.

**Stopping the Servers**

To stop the servers:

1. Return to the Command Prompt where the script is running.
2. Press Ctrl + C to terminate the process.

**Troubleshooting**

* **Error:** “Command not found: bash”
  + Install Git Bash from [Git for Windows](https://git-scm.com/downloads).
  + Run the script using Git Bash instead of Command Prompt.
* **Error:** “Port already in use”
  + Ensure no other applications are running on ports 5001 or 3000.
* **Log Errors:**
  + Check logs in the terminal for detailed error messages.

**Notes**

* This script simplifies the process of starting both backend and frontend servers.
* Ensure that all project files are intact in the project directory.
* If additional support is required, refer to the project README file.

Thank you for using MyHealthTracker!