Assuming that you have Java and JavaFX installed on your system, follow these brief steps to construct and run our EffortLogger prototype:

- Step 1: Download the project files
 - Download the project files from the folder attached to this document.
- Step 2: Open the project in an IDE
 - Open the project in an Integrated Development Environment (IDE) that supports
 Java and JavaFX, such as IntelliJ IDEA or Eclipse.
- Step 3: Build the project
 - Build the project by selecting "Build" or "Run" from the IDE's menu. This will
 compile the Java code and generate any necessary files. You may have to confirm
 that you have the Java JDK and JavaFX installed. Follow any prompts that your
 IDE gives you.
- Step 4: Run the project
 - Run the project by selecting "Run" from the IDE's menu. This will launch the JavaFX application and display it on your screen. You can interact with the application as desired.