Step 1:

Open a new unity project

Step 2:

Right click the `Heirarchy tab`, go down to `UI` and select `Canvas`
Step 3:

Right click the `Heirarchy tab` and select `empty GameObject` and make it a child of the **Canvas**. Rename it to whatever you like but from henceforth, it will be referred to as `Progress Bar`
Step 4:

Right click the **Progress Bar** in the Heirarchy Tab and create a new `UI>Image`, henceforth known as `Frame`. In the image component of the **Frame** Game Object, select an empty bar graphic of your choice. This will be the frame of the progress bar.
Step 5:

Right click the Heirarchy and select `UI>Image` again, and make it a child of the **Progress Bar**. This new image gameObject will be referred to as `Fill`. From here, reshape the **Progress Bar** Parent GameObject to the general size you want.
Step 6:

In the Inspector under the Rect Transform for the two children GameObjects (**Frame** and **Fill**), click the `Anchor Select`. Hold Alt down, go down to the 'Stretch' section and select the option `Fill to Parent`.
Step 7:

Select the **Progress Bar** Parent GameObject and add a `Slider` component. Ensure the `Interactable` setting is unticked. Set `Transition` and `Navigation` to None.
Step 8:

For `Fill Rect`: Drag in the **Fill** gameObject previously made and set your direction of fill. Set your Maximum and minimum value as necessary.
Step 9:

Under the original **Progress Bar** GameObject, create a Script named `Progress Bar` and copy in the following code:

```
using System.Collections;
using System.Collections.Generic;
using UnityEngine;
using UnityEngine.UI;

[ExecuteInEditMode] //So you can test the progressBar without having to set the
engine to Play
public class progressbar : MonoBehaviour
{
```

```
    public int current;
    public Slider fill;


    // Start is called before the first frame update
    void Start()
    {

    }

    // Update is called once per frame
    void Update()
    {
        GetCurrentFill();
        current = //Here reference the script and int that your slider is
monitoring as: script.intname
    }

    void GetCurrentFill()

    {
        float fillAmount = (float)current;
        fill.value = fillAmount;
    }

 }
```
Step 9:

Save your script, set the Fill reference in the script as the **Progress Bar** gameObject