**Step 1: Install R**

1. Download R

- Go to the Comprehensive R Archive Network (CRAN) website: CRAN R Download <https://cran.r-project.org/mirrors.html>.

- Choose a CRAN mirror that is geographically close to you for faster download speeds.

- Click on the appropriate link for your operating system (Windows, macOS, or Linux).

2. Install R on Windows

- Download the installer by clicking on "Download R for Windows".

- Click on "base" and then "Download R 4.40 for Windows"

- Once downloaded, open the `.exe` file and follow the installation prompts. You can generally proceed with the default settings.

3. Install R on macOS

- Download the installer by clicking on "Download R for macOS".

- Click on the link corresponding to the latest release under "Latest release".

- Open the downloaded `.pkg` file and follow the installation instructions.

**Step 2: Install RStudio**

1. Download RStudio

- Go to the RStudio download page: [RStudio Download] <https://www.rstudio.com/products/rstudio/download/>.

- Under "RStudio Desktop", click on "Download RStudio Desktop".

2. Install RStudio on Windows

- Download the installer for Windows.

- Open the downloaded `.exe` file and follow the installation prompts.

3. Install RStudio on macOS

- Download the installer for macOS.

- Open the downloaded `.dmg` file.

- Drag and drop the RStudio icon into the Applications folder.

**Step 3: Verify Installation**

1. Open RStudio

- Launch RStudio from your applications menu.

- In the RStudio console, type `R.version` and press Enter. You should see the R version information, confirming that R is correctly installed and recognized by RStudio.

Download Links

- CRAN R Download: [https://cran.r-project.org/mirrors.html](https://cran.r-project.org/mirrors.html](https://cran.r-project.org/mirrors.html%5d(https://cran.r-project.org/mirrors.html)

- RStudio Download: [https://www.rstudio.com/products/rstudio/download/](https://www.rstudio.com/products/rstudio/download/](https://www.rstudio.com/products/rstudio/download/%5d(https://www.rstudio.com/products/rstudio/download/)