**Setup**

The after folder contains the FitnessTracker project with all of the code that is used in copying and setting up the demos in this module. It is a complete replacement for all of the source code. The setup for the project is the same as in the configuration video and can be followed just the same. As a recap though the project can simply be imported into your IDE as an "Exisitng Maven Project".

The database has been exported to fitnessTracker.sql It can be used to restore your database by running: mysql -u root -p fitnessTracker < fitnessTracker.sql