**1- Run the Backend (Flask API)**

1. Open terminal or command prompt
2. Activate your Python environment (if needed)
3. Type pip install flask to install Flask
4. Run the server using python app.py
5. Make sure it runs on local IP like http://192.168.1.5:5000/

**2- Run the Flutter App**

1. Open Android Studio or Visual Studio Code
2. Open your Flutter project
3. Start emulator or connect your Android phone
4. Go to the code where you call the API
5. Replace localhost with your IP (e.g. 192.168.1.5)
6. Type flutter run to run the app

**3- Connect Flutter with Flask**

1. Make sure both phone/emulator and Flask server are on the same Wi-Fi
2. Use the local IP of your computer in the API URL
3. If you use Android Emulator, use 10.0.2.2 instead of localhost