

STEPS TO RUN:

Step-1: Open the file location.

Step-2: Open the terminal or command prompt at that file location.

Step-3: Install the following libraries:

- flask
- requests
- os

Step-4: Now close the terminal and re-open it again at that location.

Step-5: Now run the backend using the command “python app.py”.

Step-6: It will open the browser, or a link will be provided. Copy the link and paste on the browser.

Step-7: The Fitness bot page will open. Fill the details and select the “Start chat” button

Step-8: Now you can chat with Fitness Bot, ask queries about fitness, health and food tips.