

iFitness

Installation Guide

CPS714 – Team 10

Setting Up XAMPP

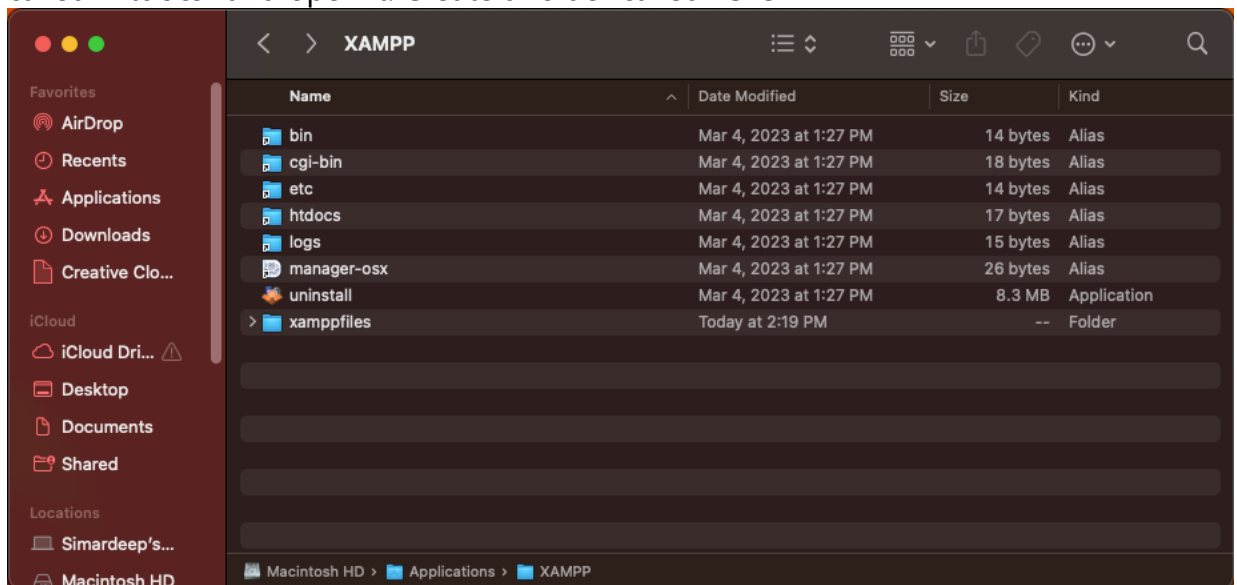
1. Follow the link below to find the downloads for XAMPP and select the version 8.0.20 download for your machine.

<https://www.apachefriends.org/download.html>

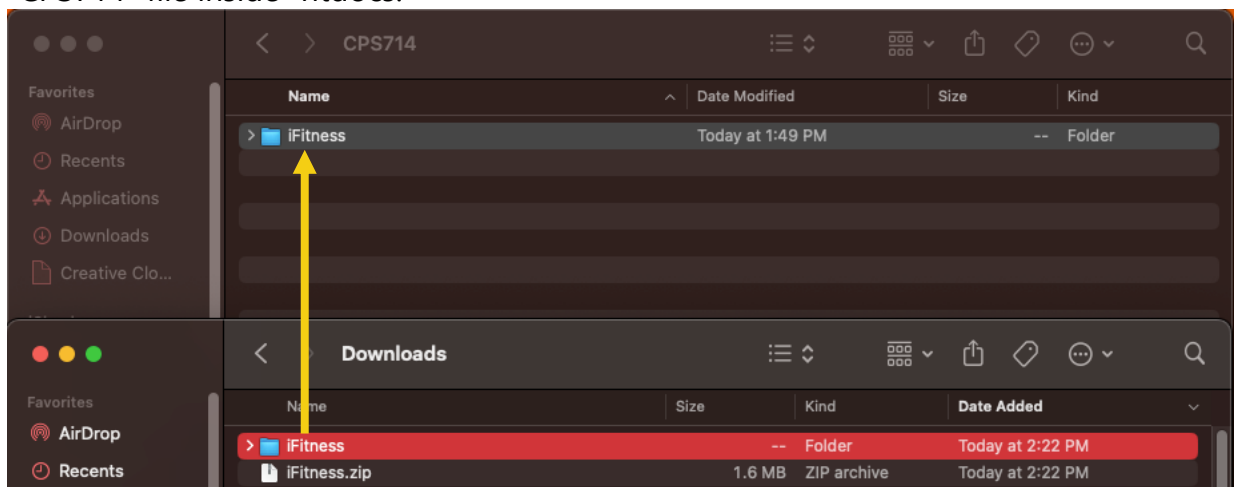
You can also use this video guide to setup XAMPP for the first time.

<https://www.youtube.com/watch?v=-f8N4FEQWyY>

2. Open the downloaded file and follow along with the installation setup prompts.
3. Once downloaded open your XAMPP application location and locate a folder called "htdocs" and open it. Create a folder called "CPS714"

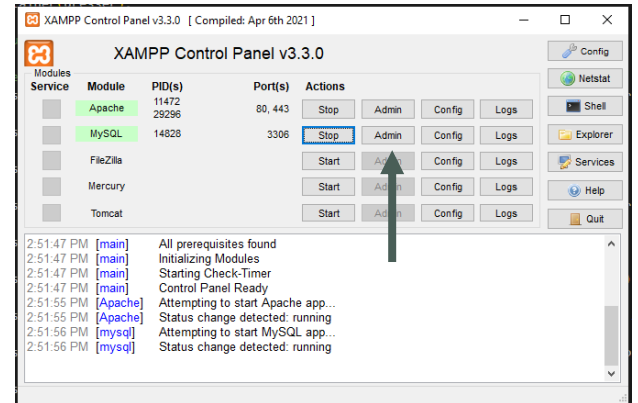
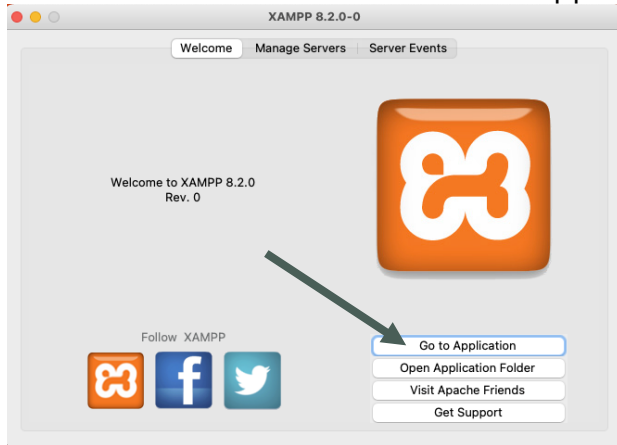


4. Extract the iFitness.zip file and drag the whole folder into the newly created "CPS714" file inside "htdocs."

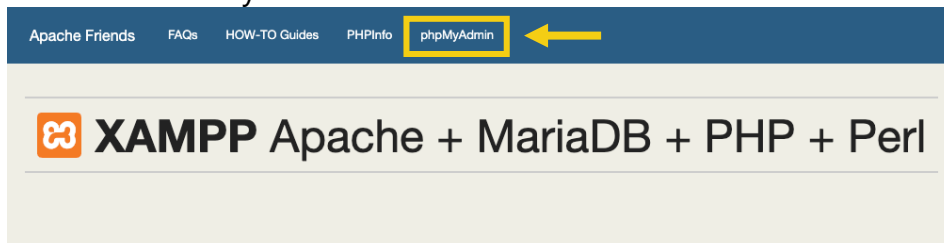


Setting Up the Database

5. Open up XAMPP application and click "Go to Application" on the main screen. This will open up a tab on your browser with the XAMPP web application. If on Windows, you will have to click on "Start" for the "MySQL" service first, then click on "Admin" to reach the XAMPP web application.



6. Click on "phpMyAdmin" in the navigation bar to open up the database interface. Which will allow you to create the database for iFitness.



Welcome to XAMPP for OS X 8.2.0

You have successfully installed XAMPP on this system! Now you can start using Apache, MariaDB, PHP and other components. You can find more info in the [FAQs](#) section or check the [HOW-TO Guides](#) for getting started with PHP applications.

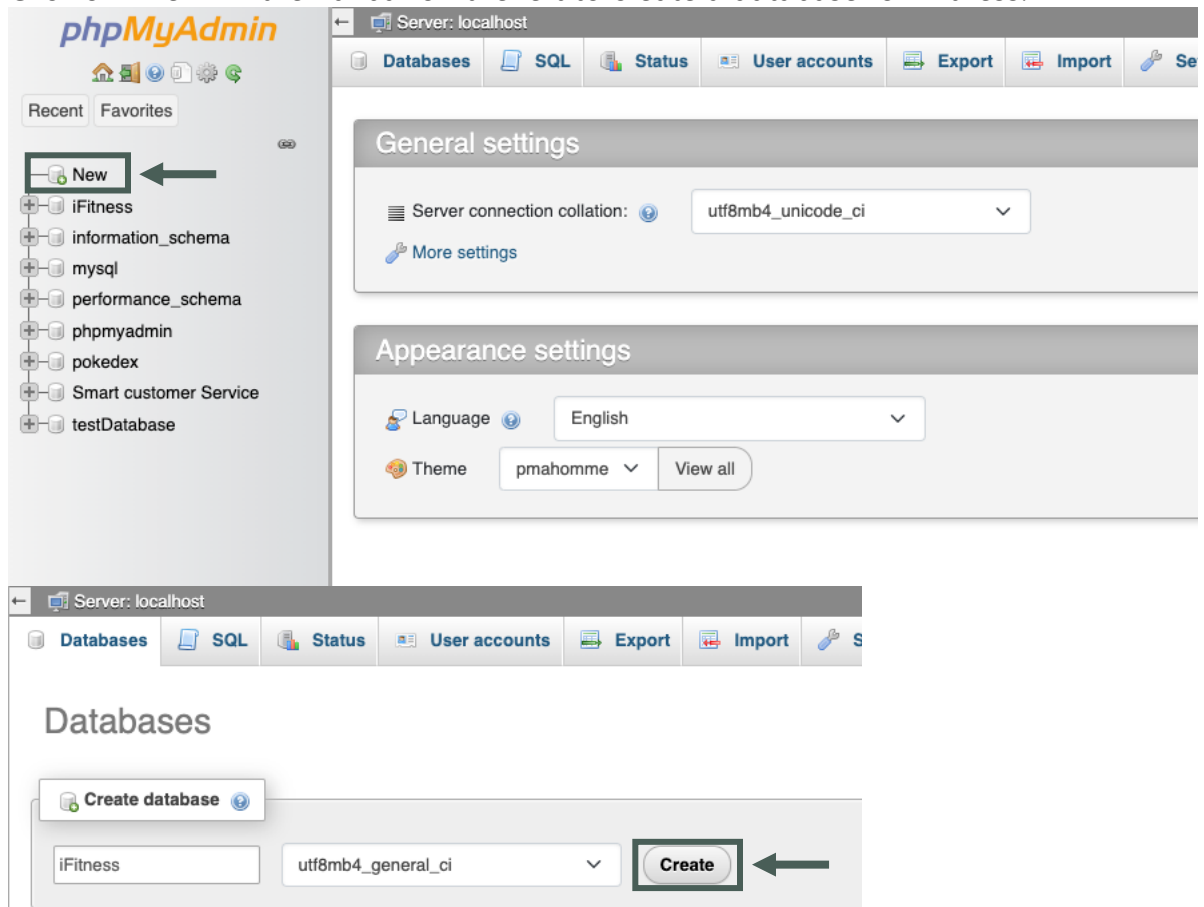
XAMPP is meant only for development purposes. It has certain configuration settings that make it easy to develop locally but that are insecure if you want to have your installation accessible to others.

Start the XAMPP Control Panel to check the server status.

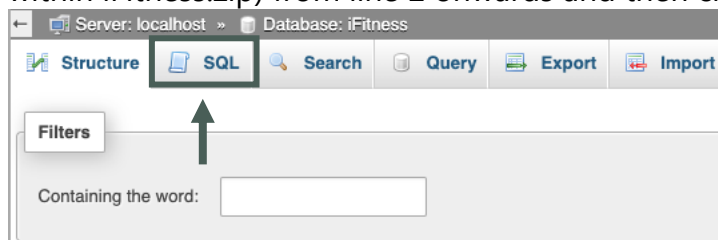
Community

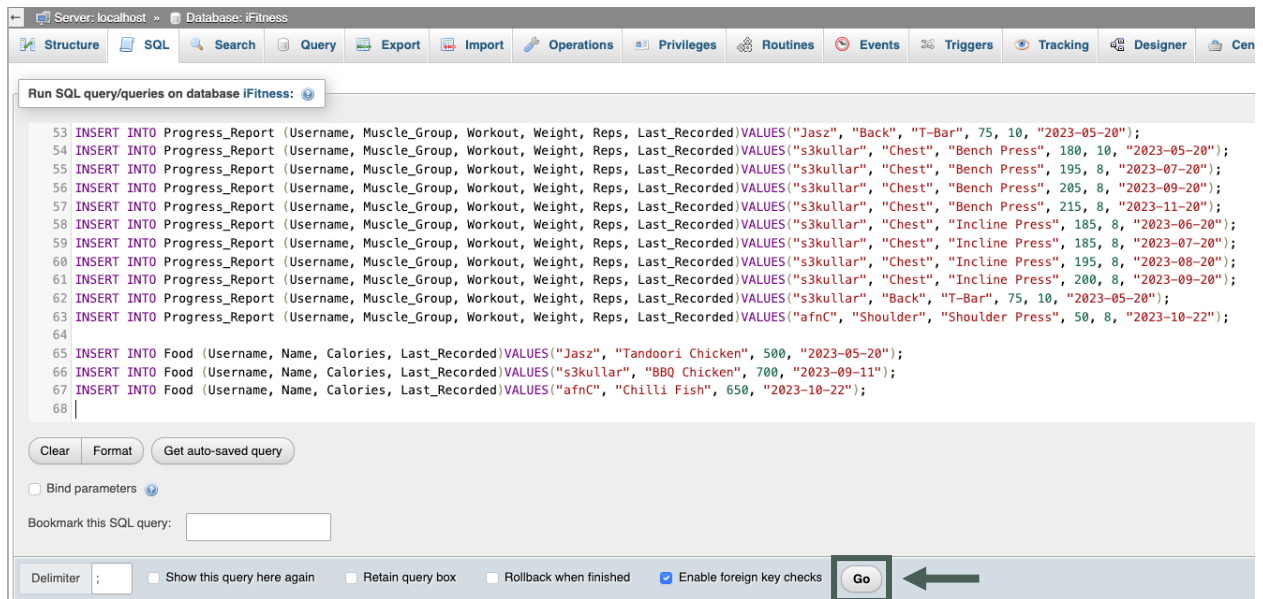
XAMPP has been around for more than 10 years – there is a huge community behind it. You can get involved by joining our [Forums](#), liking us on [Facebook](#), or following our exploits on [Twitter](#).

7. Click on “New” in the navbar on the left to create a database for iFitness.



8. Once the database is created, click on the “SQL” tab in the navbar at the top and paste all the MySQL code in the file “database.sql” (“database.sql” is located within iFitness.zip) from line 2 onwards and then click “Go.”

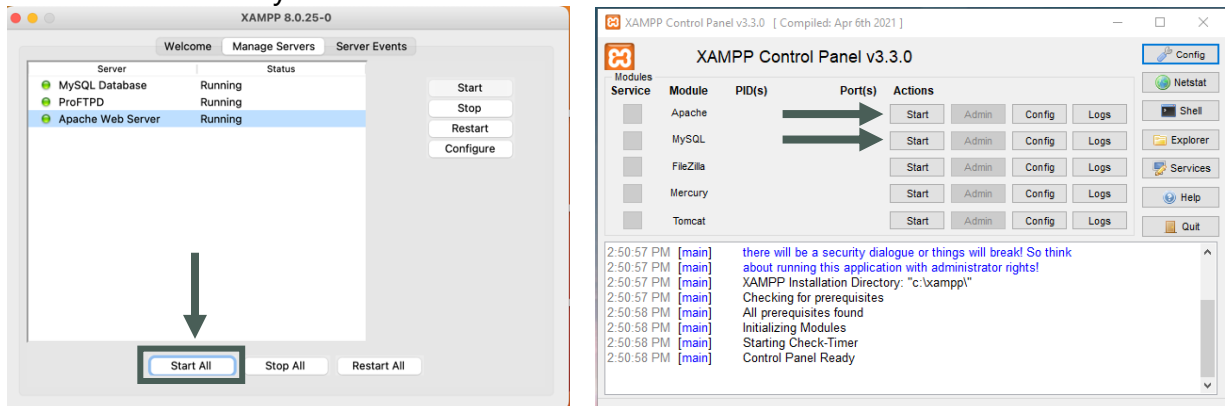




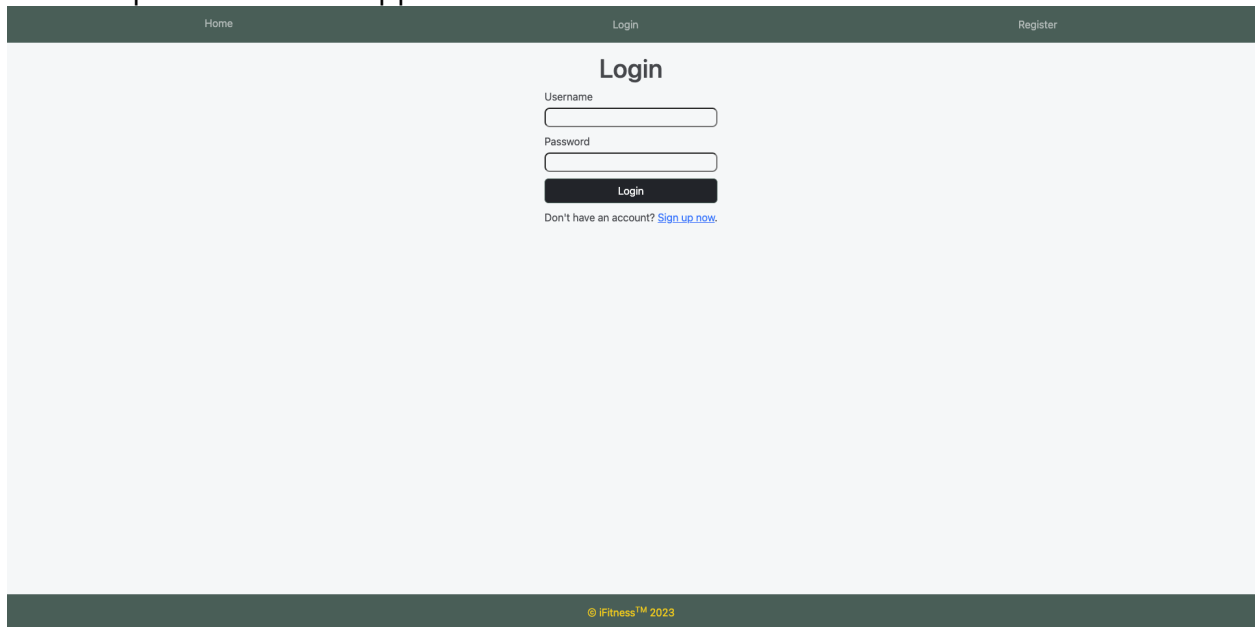
9. Now your XAMPP database is fully setup!

Turning on the Servers

1. Go to the XAMPP application and click on "Manage Servers" in the top navbar. Then click on "Start All." If on a Windows, you will have to click "Start" on all the Services individually.

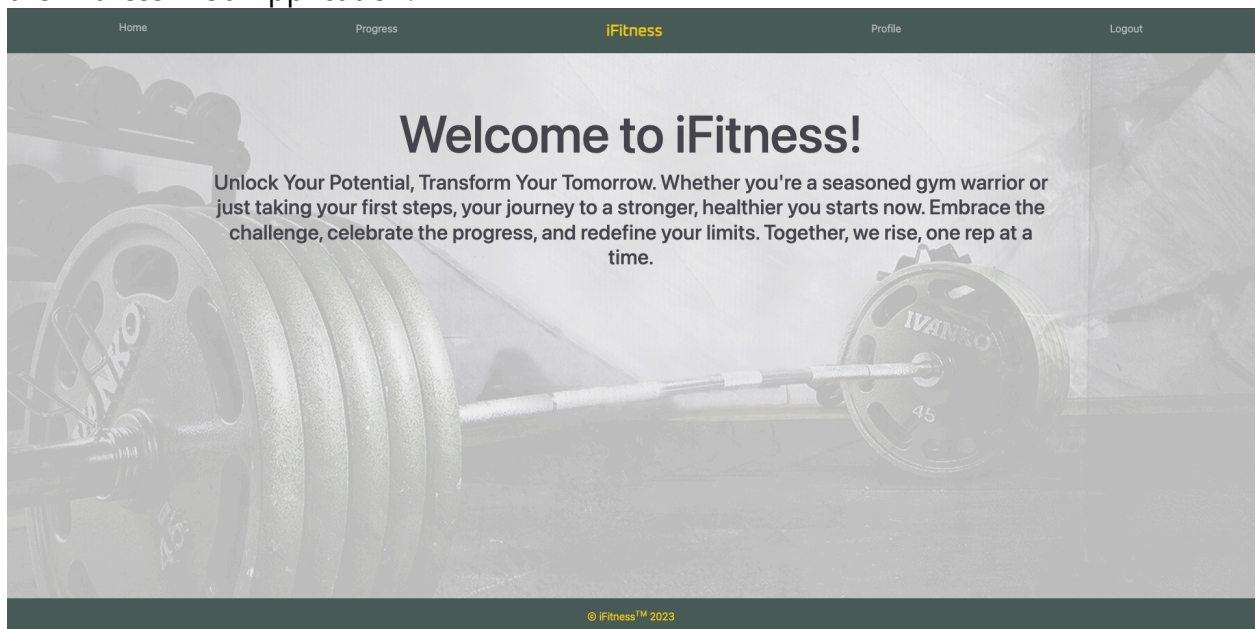


- Now using the following link (<http://localhost/CPS714/iFitness/>) you should be able to open the iFitness application.



The screenshot shows the login page of the iFitness application. At the top, there is a dark navigation bar with links for 'Home', 'Login', and 'Register'. The main content area is light gray and features a 'Login' heading. Below the heading are two input fields: 'Username' and 'Password'. A dark 'Login' button is positioned below the password field. A link that says 'Don't have an account? [Sign up now.](#)' is located at the bottom of the login section. The footer is a dark bar with the text '© iFitness™ 2023'.

- Using the following login (Username: s3kullar and Password: 123p) you can run the iFitness Web Application.



- You are all done! Enjoy using iFitness!