

# System Maintenance Manual

This guide helps you install, support, and maintain the VB.net workout tracker. Use the steps below to set up and manage the application in the field.

## 1. Installation and Environment Setup

- Install the required .NET runtime on the target machine.
- Copy the source files into the installation directory.
- Place the JSON storage file (dailyLogs.json) in the same folder as the executable.
- The program writes log data to this JSON file. Confirm that the file permissions allow read and write access.

## 2. API Configuration and Network Setup

- The program calls the FatSecret API for nutrition tracking.
- Open the FatSecretApiHelper file and check the CLIENT\_ID and CLIENT\_SECRET. Update these values if needed.
- Before running the program, make sure your IP address is whitelisted on the FatSecret platform.
- Confirm that the target machine has a working internet connection.

## 3. Deployment and Permissions

- Deploy the executable using your standard installer or copy method.
- Make sure that the installation folder permits file modifications for the JSON log file.
- The application runs with typical user permissions. If you experience access problems, adjust the folder security settings.

## 4. Routine Maintenance

- Monitor the dailyLogs.json file for correct data storage. Back up the file regularly.
- The FatSecret access token refreshes automatically. If API calls fail, check the network connection and verify the API keys and IP whitelist.
- Review any error messages that appear in the program's message boxes. Log and address recurring issues promptly.

## 5. Troubleshooting Common Issues

- If the workout or nutrition screens do not load properly, verify that all source files were copied correctly.
- For API errors, check that the API keys are valid and the IP address is approved.
- If file writing fails, check that the program has permission to access the installation

folder.

- Document any recurring errors and share them with your team for a coordinated fix.

## **6. Final Notes for Maintainers**

- Test the application after every change in configuration.
- Keep the source files under version control for easy rollback if needed.
- Follow your organization's standard practices for software updates and support.