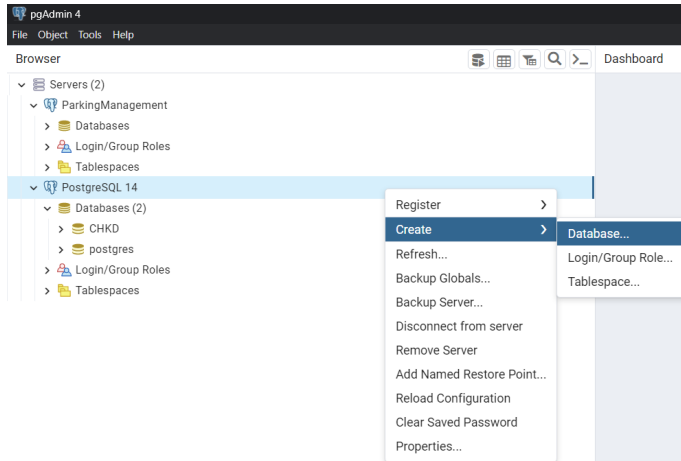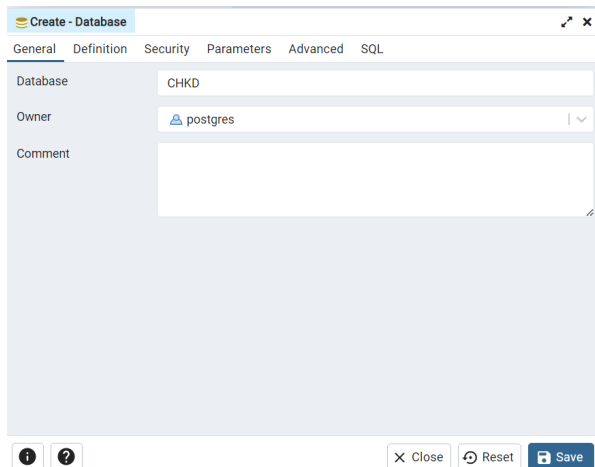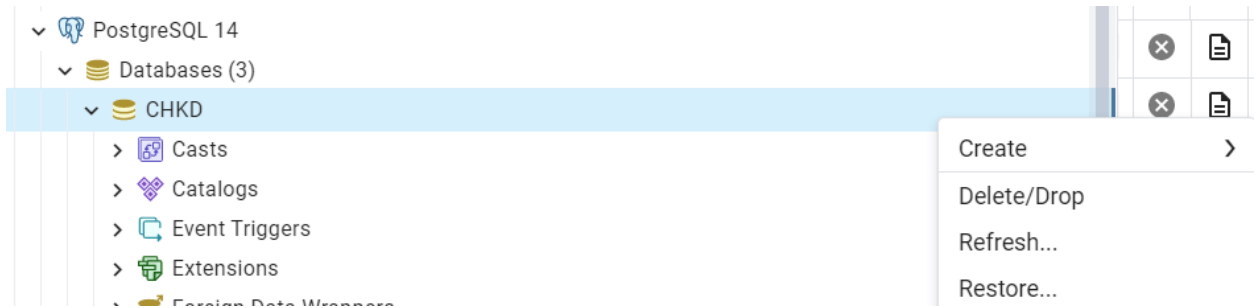1. Create directory:
   C:/CHKD
2. Download [PostgreSQL v14](#) and use default settings
3. Download the most reason version of pgAdmin4 ([pgAdmin4 v6.21](#))
4. Set your master password to "**postgres**"
5. Select PostgreSQL 14 → Create → Database

6. Fill in and Save

7. You should now have a blank database called CHKD. Right click and select 'Restore'

8. You should have 7 tables now.