When you build a new app using the create-react-app npm package, it automatically adds an initial Git commit so that you can track your project with Git.

True. When you build a React project using the create-react-app npm package, it comes with a local Git setup and an initial commit added.

What is the purpose of the planning stage in the UX UI process?

To gather the user's objectives and goals and determine and map the overall purpose of a project.