**YOUR\_NMR Notes**

* Your nmrweb folder is the same as nmrdb folder for Kyle’s set up
* **Docker-compose runs different isolated containers**
* **To run one, just use docker-compose up (name of service)**
* **To get inside mysql container, we first run docker-compose up db**
* **Then docker exec -it containerID bash**
* **Then inside run mysql -u root -p (need p flag to prompt for password) ; then enter password**