Steps to run the code:

1. Download the zip file and extract it onto a device which meets the mentioned requirements.

2. Open the FitCV folder.

3. Right click inside the folder and select open in terminal

4. You can proceed to type the following command in the terminal:

   - pip install streamlit

5. Press Enter to execute the command. This will install the "streamlit" Python package.

6. Wait for the installation to complete. The terminal will display messages related to the installation process.

7. After the installation of streamlit finishes, you can run the application by typing the following command in the terminal:

   - streamlit run app.py

9. Press Enter to execute the command.

10. The Streamlit application should start running, and you may see a local web URL in the terminal. Typically, it will look like "http://localhost:8501". It'll open your default browser or you can manually open this URL in your web browser to access the Streamlit app.

11. Make sure you have fulfilled all the requirements mentioned in the previous steps before running these commands. If you encounter any errors, double-check that you followed all the previous steps correctly and that your device meets the requirements.

12. Make sure to read the notes on the initial webpage or the constraints on the next slide before clicking on the "launch the app" button.