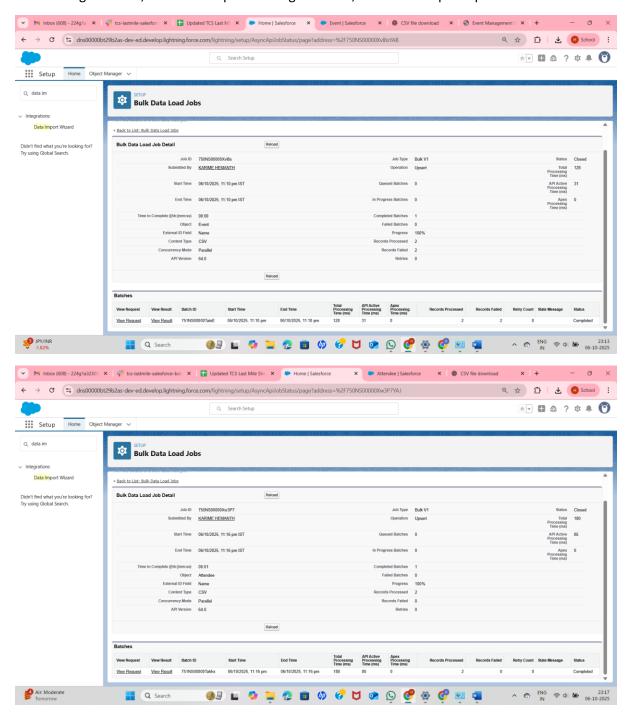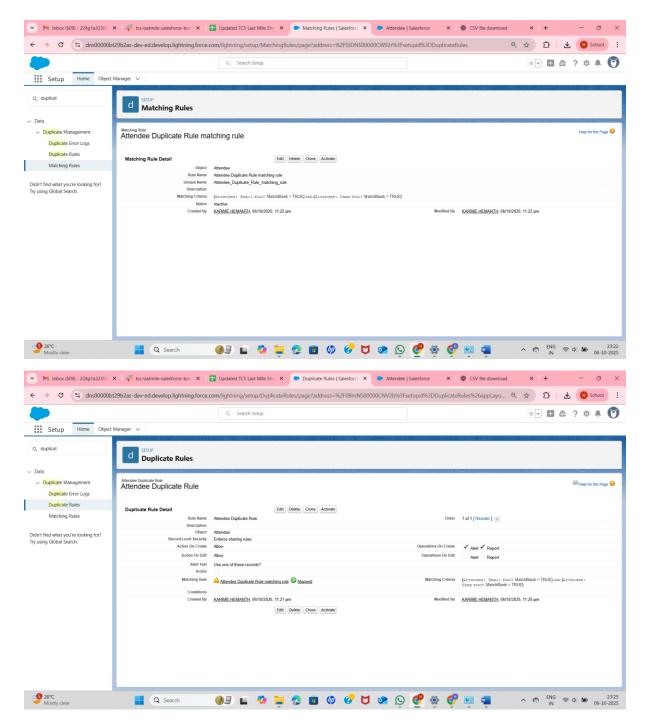# Phase 8:Data Management & Deployment for MAX FIT

Bulk Data Import: Use Salesforce's Data Import Wizard for importing initial bulk data such as event schedules, participant info, and gym locations. For larger datasets like historical attendance or detailed registrations, Data Loader provides high-volume, scheduled import options.

Duplicate Rules: Configure Duplicate Rules to prevent registration overlaps, double booking, and duplicate attendee entries. Defining these rules ensures data consistency and accuracy across sessions and participant records.

Data Export & Backup: Schedule regular data exports to backup ongoing event and registration data. This guarantees data recovery in case of accidental deletions or system errors, maintaining business continuity.

Organized Deployment: For moving configuration and code changes from sandbox to production, utilize Change Sets for small updates, or adopt ANT Migration Tool and Salesforce DX with VS Code for large, organized, and repeatable deployments, ensuring consistent release management.