

DEPLOYMENT MANUAL

8020Fit.AI

Team FitForce

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Introduction

Welcome to the 8020Fit Installation Manual. 8020Fit.AI is a comprehensive fitness platform designed to optimize nutrition, fitness tracking and goal attainment. The platform leverages Artificial Intelligence strategies to generate enhanced workout routines and visualizations to support each personalized plan.

This manual provides detailed deployment instructions to install, configure, and run the application in a local or cloud-based development environment. It is intended for developers, system administrators, and technical teams who desire to deploy the 8020Fit.AI application in their respective environments.

System Requirements

To have the 8020Fit.AI application successfully set up and deploy, your system must meet the following requirements.

Hardware Requirements

Processor (CPU):

Minimum: Core i5/i7-U 1.5 Ghz

Recommended: Core i7 2.5 Ghz

Memory (RAM):

Minimum: 8 Gb

Recommended: 16+ Gb

GPU (optional):

Minimum: 8 GB VRAM

Recommended: GeForce RTX 3050 Ti 4Gb or higher

Available Storage:

Minimum: 10 Gb of free space

Recommended: 20 Gb of free space

Software Requirements

Operating System:

Windows 10/11

MacOS 12+

Ubuntu 18.04+

Additional Systems:

Python v 3+

Node.js 18+

Git 2.4+

NPM 8+

Web Browser: Google Chrome, Firefox, Microsoft Edge

Installation Procedures

Install Visual Studio Code (VS Code):

1. Download Visual Studio Code:
 - a. Go to Visual Studio Code web page: <https://code.visualstudio.com/>
 - b. Navigate to Download and download the installer that corresponds to your operating system.
2. Install Visual Studio Code:
 - a. Run the downloaded installer.
 - b. Proceed with steps to install Visual Studio Code.
 - c. Choose destination for the installation.
3. Launch Visual Studio Code:
 - a. Launch Visual Studio Code from your desktop or application menu.

Cloning Git Repository

Install Visual Studio Code (VS Code):

1. Create a new folder on your desktop
 - a. Right click on desktop screen
 - b. Click on New and then Folder
 - c. Title folder accordingly
2. Open VS Code:
 - a. Click on File
 - b. Open Folder created in Step 1
 - c. Access a new terminal in VS code
3. Clone Repository:
 - a. Use the following command line in the terminal to clone the repo:
 - i. `git clone https://github.com/htmhw/2025SA-Team2.git .`

The repository should be successfully cloned now.

Setting Up the Backend

Install Visual Studio Code (VS Code):

1. Initialize Amplify if not already done:

```
amplify init
```

2. Pull existing backend environment:

```
amplify pull --appId <APP_ID> --envName <env>
```

3. Push changes:

```
amplify push
```


Setting Up the Frontend

1. Navigate to the frontend directory:

```
cd frontend
```

2. Install all dependencies:

```
npm install
```

3. Ensure all environment variables are configured correctly in the files.

Starting the Server

Running the Application:

1. Navigate to the root project directory and open a terminal.
2. Start the development server:

```
npm run dev
```

3. Go to <http://localhost:5173> to view the running application.

Testing the Application:

Manual testing includes:

- User registration and login flow
- Onboarding quiz flow and response log
- AI chatbot interaction
- Personalized, unique workout generation
- User profile and settings update

Contact Information

We appreciate any feedback on our project. Please feel free to share any thoughts, concerns, or issues. For further information or assistance, please reach out to:

- Contact Email: fitforce@gmail.com
- GitHub Repository: <https://github.com/htmhw/2025SA-Team2.git>