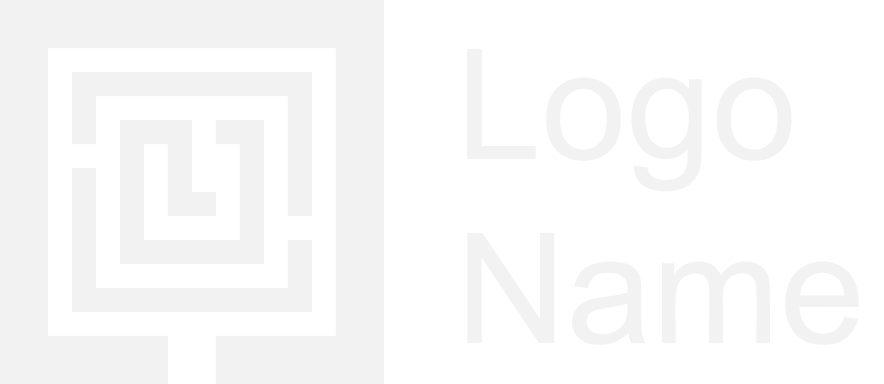
|  |
| --- |
| Deployment manual  8020Fit.AI |
| Team FitForce A logo with a fist and a barbell  AI-generated content may be incorrect.  May 2025 |

A gym with weights and a bench

AI-generated content may be incorrect.



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## Introduction

Welcome to the 8020Fit Installation Manual. 8020Fit.AI is a comprehensive fitness platform deigned 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:
   1. Go to Visual Studio Code web page: <https://code.visualstudio.com/>
   2. Navigate to Download and download the installer that corresponds to your operating system.
2. Install Visual Studio Code:
   1. Run the downloaded installer.
   2. Proceed with steps to install Visual Studio Code.
   3. Choose destination for the installation.
3. Launch Visual Studio Code:
   1. 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
   1. Right click on desktop screen
   2. Click on New and then Folder
   3. Title folder accordingly
2. Open VS Code:
   1. Click on File
   2. Open Folder created in Step 1
   3. Access a new terminal in VS code
3. Clone Repository:
   1. Use the following command line in the terminal to clone the repo:
      1. git clone <https://github.com/htmw/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

1. Pull existing backend environment:

amplify pull --appId <APP\_ID> --envName <env>

1. Push changes:

amplify push

## Setting Up the Frontend

1. Navigate to the frontend directory:

cd frontend

1. Install all dependencies:

npm install

1. 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

1. 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](mailto:fitforce@gmail.com)
* GitHub Repository: <https://github.com/htmw/2025SA-Team2.git>