

Instructions for Building/Running Wellness Resources on a PC

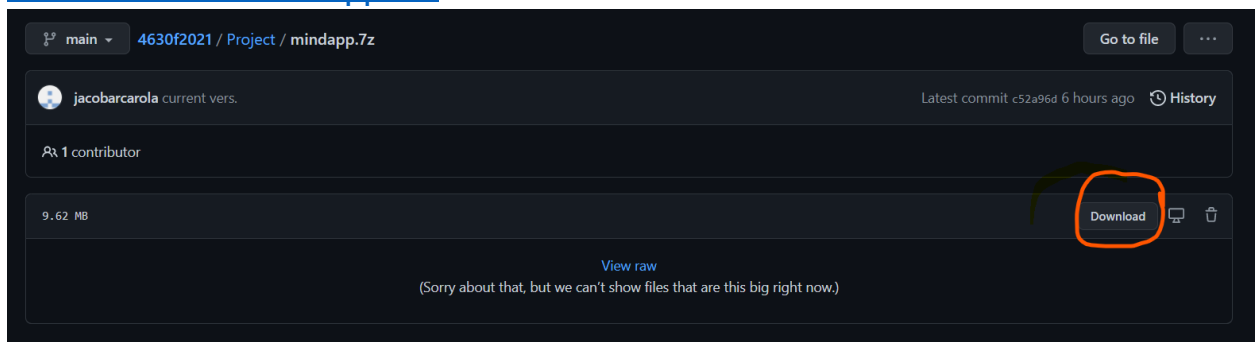
Requirements:

- Android Studio
- An android phone emulator/virtual machine set up on Android Studio OR
- A phone plugged into your computer, fully set up on Android Studio.

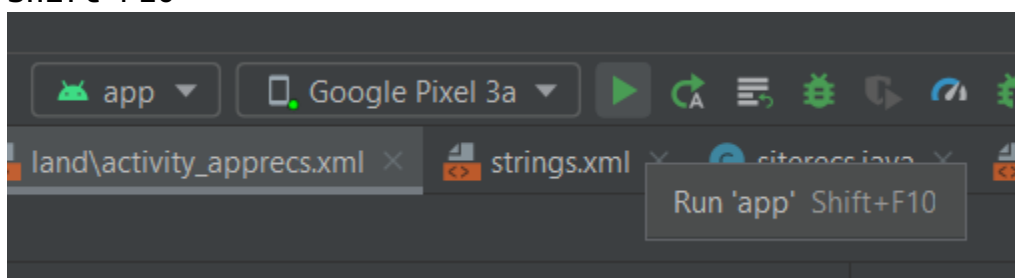
Steps:

1. Go to

[https://github.com/jacobarcarola/4630f2021/tree/main/Project and download mindapp.7z](https://github.com/jacobarcarola/4630f2021/tree/main/Project%20and%20download%20mindapp.7z)



2. Locate the downloaded file and unzip it
3. Open the latest version of Android Studio
4. In the top-left corner of Android Studio, click “File” and then “Open”
5. Locate the unzipped mindapp folder you downloaded, and double-click it. The project will open.
6. Once the project has been opened, ensure that the virtual machine or physical phone is set up with Android Studio.
7. Click “Run ‘app’” in the top bar of Android Studio or press Shift+F10



The app should now run.

