

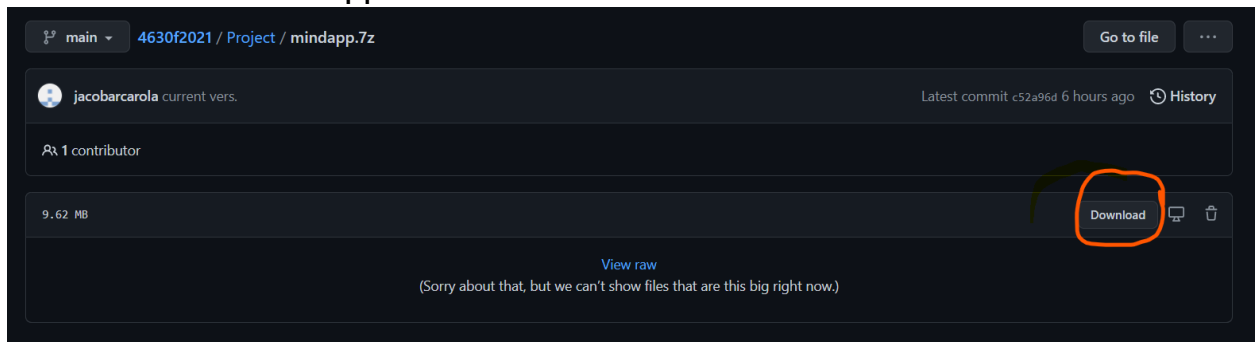
## Instructions for Building/Running Wellness Resources on a PC or Android Device

### Requirements:

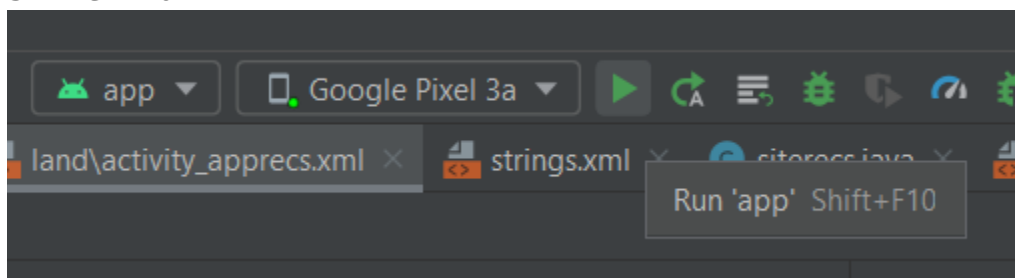
- Android Studio
- An android phone emulator/virtual machine set up on Android Studio OR
- A phone plugged into your computer, fully set up on Android Studio.

### Steps for PC:

1. Go to <https://github.com/jacobarcarola/4630f2021/tree/main/Project> and download mindapp.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



## Steps for Android Phones:

1. Navigate to <https://github.com/jacobarcaola/4630f2021/tree/main/Project> in your mobile phone's browser.
2. Download app-debug.apk from the repository. If your phone asks you if you are sure or warns against unsafe software, perform the action that keeps the apk download going (I say this because many mobile devices work differently).
3. Once the apk file is downloaded, you should be able to launch it on your phone by navigating to your files and clicking on it, if your device does not automatically run it.
4. If warned again, perform the action that runs the program. The program should install and run!