**R and Rstudio Installation Instructions**

**R**

* Go to the website:
  + <https://cran.r-project.org/bin/windows/base/> (Windows)
  + <https://cran.r-project.org/bin/macosx/> (Mac OS)
* Remaining instructions are for Windows OS, but are similar for Mac OS
* Download the executable file (.exe)
* Run and Install R
* Check in you Applications / Programs folder to see if R is installed

**RStudio**

* Go to the website:
  + <https://posit.co/download/rstudio-desktop/>
* Download the executable file (.exe)
* Run and Install RStudio

**RTools**

(may be needed for installation of R packages from source)

* Go to website:
  + <https://cran.r-project.org/bin/windows/Rtools/>
* select the version based on your installed R program
* Download the executable file (.exe)
* Run and Install RTools

**Settings**

* Open RStudio – Tools – Global Options – Packages
* Select the Primary CRAN repo from the location closes to you