1. Install python version 3.x.x from (https://www.python.org/downloads/), following the on screen instructions.
2. Install the python flask framework (http://flask.pocoo.org/docs/0.11/installation/).
3. Unzip the "ConnectTask.zip" file.
4. In the command prompt / terminal, move to the directory that contains the "connectTask" files.
5. When in the correct directory, run the command "python3 flaskApp.py"
6. If successful, the command prompt / terminal will return information akin to the following:
    * Running on http://127.0.0.1:5000/ (Press CTRL+C to quit)
    * Restarting with stat
    * Debugger is active!
    * Debugger pin code: 116-359-009

8. Open an internet browser and browse to the location outlined in the first line of the return statement mentioned above (in my example, it's "http://127.0.0.1:5000")

9. This should display the webpage.

10. To quit running the app; open the command prompt / terminal and press CTRL + C.