

Using this project plan give me detailed instructions step by step for an inexperienced dev for Phase 1.1 Environment & Repository Setup (Day 1) in markdown

Certainly! Here are step-by-step instructions for **Phase 1.1: Environment & Repository Setup (Day 1)** from your project plan, written for an inexperienced developer. These instructions will guide you through setting up the GitHub repository, project structure, initializing frontend and backend, and documenting the environment^[1].

Phase 1.1: Environment & Repository Setup (Day 1)

Goal:

Set up the basic project structure and environment so both the frontend and backend can be started locally, with the repository organized and documented.

1. Create a GitHub Repository

1. Go to GitHub:

- Visit github.com and log in to your account.

2. Create a New Repository:

- Click the "+" button in the top right and select "New repository."
- Name it `LifeTriage` (or your preferred name).
- Add a description if you wish.
- Choose "Public" or "Private."
- **Do not** initialize with a README, .gitignore, or license yet (we'll do this manually).
- Click "Create repository."

2. Set Up the Project Folder Structure

`C:\Users\TechFast Australia\Desktop\LifeTriage`

1. Open Your Terminal or Command Prompt:

- Navigate to where you want your project to live (e.g., `cd Documents/Projects`).

2. Create the Main Project Folder:

- Run:

```
mkdir LifeTriage
cd LifeTriage
```

3. Create Subfolders:

- Run:

```
mkdir frontend backend docs
```

- This matches the structure shown in your plan.

3. Initialize Frontend with React + Vite

1. Enter the Frontend Folder:

- Run:

```
cd frontend
```

2. Initialize a New React Project with Vite:

- Run:

```
npm create vite@latest .
```

- When prompted:

- Select "React" as the framework.
- Choose "JavaScript" or "TypeScript" (JavaScript is fine for beginners).
- Press Enter to confirm the project name (it should be the current folder, `frontend`).

3. Install Dependencies:

- Run:

```
npm install
```

4. Test the React App:

- Run:

```
npm run dev
```

- Open the provided local URL in your browser to confirm the app is running.
- Press `Ctrl+C` in the terminal to stop the server when done.

4. Initialize Backend with Flask

1. Go Back to the Main Project Folder:

- Run:

```
cd ..  
cd backend
```

2. Create a Virtual Environment (Recommended):

- Run:

```
python -m venv venv
```

- **Activate the Virtual Environment:**

- **Windows:**

```
venv\Scripts\activate
```

- **Mac/Linux:**

```
source venv/bin/activate
```

3. Install Flask:

- Run:

```
pip install flask
```

4. Create a Basic Flask App:

- Create a file named `app.py` in the backend folder.
- Add the following code:

```
from flask import Flask  
app = Flask(__name__)  
  
@app.route('/')  
def hello():  
    return "Hello, LifeTriage!"  
  
if __name__ == '__main__':  
    app.run(debug=True)
```

5. Test the Flask App:

- Run:

```
python app.py
```

- Open `http://127.0.0.1:5000` in your browser to confirm the message appears.

- Press `Ctrl+C` in the terminal to stop the server when done.

5. Create a `.gitignore` File

1. Go Back to the Main Project Folder:

- Run:

```
cd ..
```

2. Create a `.gitignore` File:

- Run:

```
touch .gitignore
```

- Open the file and add these lines:

```
node_modules/  
venv/  
.env  
__pycache__/  
*.pyc  
*.pyo  
*.pyd  
.DS_Store
```

- This prevents unwanted files from being tracked by Git.

6. Set Up Local Development Environment Variables

1. Create a `.env` File in the Backend:

```
echo. > .env
```

- In the backend folder, run:

```
touch .env
```

- For now, leave it empty. You'll add environment-specific settings later.

7. Create Initial README with Setup Instructions

1. Create a `README.md` File:

- In the main project folder, run:

```
touch README.md
```

2. Open `README.md` and Add Basic Instructions:

- Example content:

```
# LifeTriage

A voice-first task management application.

## Setup

### Frontend
1. `cd frontend`
2. `npm install`
3. `npm run dev`

### Backend
1. `cd backend`
2. `python -m venv venv`
3. Activate the virtual environment:
   - **Windows:** `venv\Scripts\activate`
   - **Mac/Linux:** `source venv/bin/activate`
4. `pip install -r requirements.txt` (once you have one)
5. `python app.py`
```

8. Push to GitHub

1. Initialize Git in the Main Project Folder:

- Run:

```
git init
```

2. Add All Files:

- Run:

```
git add .
```

3. Commit Your Changes:

- Run:

```
git commit -m "Initial project setup"
```

4. Link to Your GitHub Repository:

- Go to your GitHub repository and copy the remote URL (looks like <https://github.com/yourusername/LifeTriage.git>).
- Run:

```
git remote add origin https://github.com/yourusername/LifeTriage.git
```

5. Push to GitHub:

- Run:

```
git push -u origin main
```

9. Create Development Environment Documentation

1. In the docs Folder, Create a File:

- Run:

```
cd docs
touch development.md
```

2. Add Notes About Your Setup:

- Example content:

```
# Development Environment Setup

- **Node.js** installed (for frontend)
- **Python 3.9** installed (for backend)
- **Git** installed
- **Vite** for React frontend
- **Flask** for Python backend
- **Virtual environment** for Python dependencies
```

Success Criteria

- Both frontend and backend can be started locally.
- Repository is properly organized and documented.
- All files are pushed to GitHub.

You have now completed Day 1 of Phase 1.1 for the LifeTriage project!^[1]

✱

1. lifetriage_revised_plan.md