

Progress Report 3

AI Nutritionist - Health academy website

Date	Hours	Task	Work Done
10/12/2025	2	Creating backup and downloading	As the file size was big, it took a while to compress and download. After compressing the total size of the WordPress files became 20GB.
10/13/2025	2	Installing local environment for WordPress	To run the WordPress locally first I installed xampp. With xampp we can host the website locally and also run the database in my personal machine.
10/15/2025	3	Troubleshooting in phpMyAdmin to import the database backup	The database backup file was 82MB, as a result the default phpMyAdmin was refusing to import it. After searching in the web for a while I came upon some posts which describe the process of increasing the capacity of import in my local phpMyAdmin. I manually updated the phpMyAdmin files to support larger uploads and larger posts.
10/16/2025	1	Configuring the project	After importing the database, I configured the WordPress files to connect to our local database.
10/16/2025	0.5	Adjusting the database for local machines	The homepage was running fine on the localhost but as soon as I clicked other content, it was redirecting me to the live site. It was happening there were live URL's inside the database.
10/18/2025	4	Removing old live URL's and replacing them with new local URL's	I wrote an UPDATE query to update the old URL's. Although it made changes to the database in some tables, it was not able to remove them all. It was because WordPress sometimes serialize the URL's. To handle that issue I used WP-CLI tool to adjust all the hidden URL's.

10/20/2025	3	Running the project locally and integrating NextJs	Now the project was running locally. This was a very important step for us because working on the live site was too much of a risk. But running it locally we can experiment on it with new features. Finally I integrated Next.js to the WordPress. I activated the REST API in the WordPress dashboard and then created a Next-app to fetch the post's from the WordPress site.
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