**Setup**

The before diretory is a complete replacement of your project's src and pom.xml. You do need to have the project created in Eclipse or Spring STS before copying these files over.

Although the demos create the database, the fitnessTracker.sql is the export of the resulting demos.

To import the database and overwrite your current one, navigate to the install directory of MySQL, mine is C:\Program Files\MySQL\MySQL Server 5.6\bin

and execute the following command:

mysql --user root --password=password fitnessTracker < C:\tmp\fitnessTracker.sql

This is assuming that you are using the same username and password as in the demos and that the fitnessTracker.sql has been unzipped in the C:\tmp directory.