**Maintenance Guide**

To start the deployment process, initialize both the backend and frontend by running the appropriate start commands (e.g., flutter run for the frontend and a command to start the Python backend). Ensure that both components are configured to run on the correct ports, such as "localhost:3000" for the frontend and the appropriate port for the backend.

The **Maintenance Guide** is essential for managing ongoing updates and improvements. It focuses on both the backend and frontend components of the system. In the backend, special attention is given to files such as the models for managing data and routing for handling API requests through Flask.

For backend updates, follow the guidelines for modifying or adding new models and routes. In the frontend, located within the Flutter lib directory, changes to UI elements and functionality are made through various Dart files. Maintaining consistency in UI styling is crucial for a seamless user experience.

The guide also emphasizes updating key files in both the backend and frontend. When making changes in the backend, ensure that files such as app.py (for Flask) are updated to integrate new features. In the frontend, updates to the main.dart file are necessary to reflect changes in functionality. This ensures proper communication between the backend and frontend, maintaining optimal performance