Guia: Rodar Projeto Node.js + PostgreSQL com Docker e Acessar em localhost:3000

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1. Estrutura esperada do projeto:
  public/ (contem index.html, style.css, script.js)
  server.js
  .env
  package.json
  docker-compose.yml
2. Conteudo do .env:
 DB_HOST=localhost
 DB_PORT=5432
 DB_USER=postgres
 DB_PASS=postgres
 DB_NAME=formularioDB
3. docker-compose.yml:
 version: '3.8'
 services:
  postgres:
    image: postgres:16-alpine
    container_name: postgres_container
    environment:
     POSTGRES_USER: postgres
     POSTGRES_PASSWORD: postgres
     POSTGRES_DB: formularioDB
    ports:
     - '5432:5432'
    volumes:
     - postgres_data:/var/lib/postgresql/data
 volumes:
  postgres_data:
```

4. Rodar o banco PostgreSQL via Docker:

docker compose up -d

5. Criar a tabela no PostgreSQL:

docker exec -it postgres_container psql -U postgres -d formularioDB

CREATE TABLE usuarios (id SERIAL PRIMARY KEY, email VARCHAR(255), senha TEXT);

6. Rodar o backend Node.js:

node server.js

(ou npm start, se o script estiver no package.json)

7. Acessar no navegador:

http://localhost:3000

index.html sera carregado automaticamente se estiver em public/