

# Guided Journal - Comprehensive Installation and Setup Guide

## System Requirements

### Minimum Requirements

- WordPress 5.6+
- PHP 7.4+
- MySQL 5.7+ or MariaDB 10.3+
- Web Browser:
  - Chrome (latest)
  - Firefox (latest)
  - Safari (latest)
  - Edge (latest)

### Recommended Environment

- WordPress 6.2+
- PHP 8.0+
- MySQL 8.0+
- Managed hosting with:
  - SSD storage
  - PHP opcache enabled
  - WordPress-optimized configuration

# Installation Methods

## Method 1: WordPress Plugin Repository

1. Log in to WordPress admin panel
2. Navigate to Plugins > Add New
3. Search for "Guided Journal"
4. Click "Install Now"
5. Click "Activate"

## Method 2: Manual Upload

1. Download plugin ZIP from WordPress.org
2. Go to Plugins > Add New
3. Click "Upload Plugin"
4. Select downloaded ZIP file
5. Click "Install Now"
6. Click "Activate"

## Method 3: FTP Installation

1. Download plugin ZIP
2. Extract plugin files
3. Connect to your site via FTP
4. Upload `guided-journal` folder to `/wp-content/plugins/`
5. Activate through WordPress admin panel

# Initial Configuration Wizard

## Step 1: Verify Installation

- Check Plugins page for active status
- Look for new menu item: "Journal Settings"

## Step 2: Install Prompts

1. Go to Journal Settings
2. Click "Install Demo Prompts"
3. 365 pre-written prompts will be added

## Step 3: Customize Appearance

1. Navigate to Journal Settings
2. Adjust:
  - Color scheme
  - Typography
  - Spacing
  - Border styles

# Page Setup

## Create Journal Pages

### Option 1: Automatic Shortcode

1. Create a new page
2. Add `[journal_grid]` shortcode
3. Publish page

### Option 2: Manual Template

1. Create page for journal grid
2. Use page template
3. Ensure user authentication

# User Management

## User Roles

- **Journal User:** Standard journaling access
- **Administrator:** Full plugin management
- **Editor:** Limited journal management

## Role Setup

1. New users automatically get "Journal User" role
2. Administrators can modify roles
3. Customize role capabilities as needed

# Performance Optimization

## Caching Recommendations

- Use WordPress object caching
- Enable server-side caching
- Use CDN for static assets

## Database Optimization

- Regular database maintenance
- Use transient caching
- Limit concurrent users

# Security Considerations

## Recommended Settings

- Enable SSL
- Use strong passwords
- Limit login attempts
- Keep WordPress and plugin updated

## Access Control

- Restrict journal access to logged-in users
- Implement two-factor authentication
- Use role-based access management

# Troubleshooting Checklist

## Common Installation Issues

1. **Plugin Not Activating**
  - Check PHP version
  - Verify WordPress compatibility
  - Review error logs
2. **Prompts Not Displaying**
  - Confirm three-digit prompt numbering
  - Check permalink settings
  - Flush rewrite rules
3. **Styling Problems**
  - Clear WordPress cache
  - Check theme compatibility
  - Verify CSS loading

## Backup and Migration

### Backup Strategies

- Regular database backups
- Export journal entries
- Use migration plugins for site transfers

### Migration Steps

1. Backup entire WordPress installation
2. Export journal entries
3. Transfer files and database
4. Reinstall and activate plugin
5. Import entries

# Uninstallation

## Removal Options

1. **Soft Remove**
  - Deactivate plugin
  - Keep data intact
2. **Complete Removal**
  - Delete all plugin data
  - Remove database tables
  - Delete journal entries

## Cleanup Process

1. Deactivate plugin
2. Delete from Plugins page
3. Option to remove all data

# Support and Resources

## Getting Help

- WordPress.org support forum
- GitHub issue tracker
- Developer contact email
- Community support channels

## Learning Resources

- Video tutorials
- Documentation
- Community forums
- Regular webinars