**Deployment Instructions:**

1. **Create an Account on Render:**
   * If you don't already have an account on Render, go to [Render.com](https://render.com/) and sign up for a free account.
2. **Set Up Your Project on Render:**
   * Once you're logged in, click the "Add New" button on your dashboard.
   * Select "Web Service" to create a new web service for the application.
3. **Configure Your Web Service:**
   * Choose a name for the web service.
   * Select the region you would like the web service to run from.
   * In the "Git Repository" section, connect the project's Git repository.
   * Select the branch you want to deploy (e.g., "main" or "master").
4. **Build and Deploy Your Web App:**
   * Specify the build command (e.g., pipinstall -r requirements.txt) and the start command (e.g., gunicorn run:app).
   * Click the "Create Web Service" button to initiate the deployment process.
5. **Monitor Deployment Progress:**
   * Render will build and deploy the web application. You can monitor the progress in the Render dashboard.
   * Once the deployment is complete, the web app will be live on Render.

**[Access the Web App I deployed here](https://well-being-app.onrender.com).**