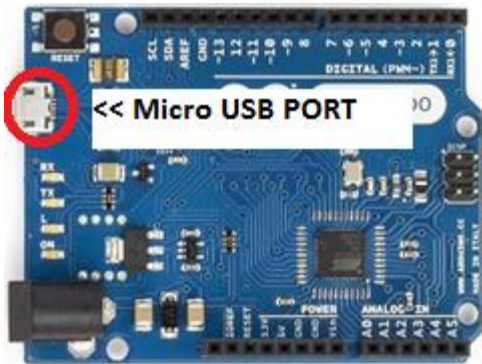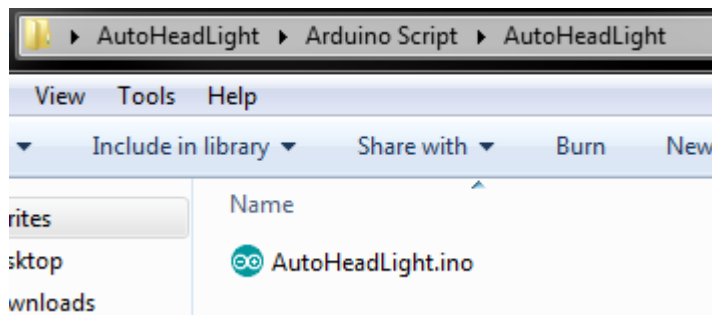you will need to install the Arduino ide to your computer if you have not done this already.

https://www.arduino.cc/download_handler.php?f=/arduino-1.8.1-windows.exe

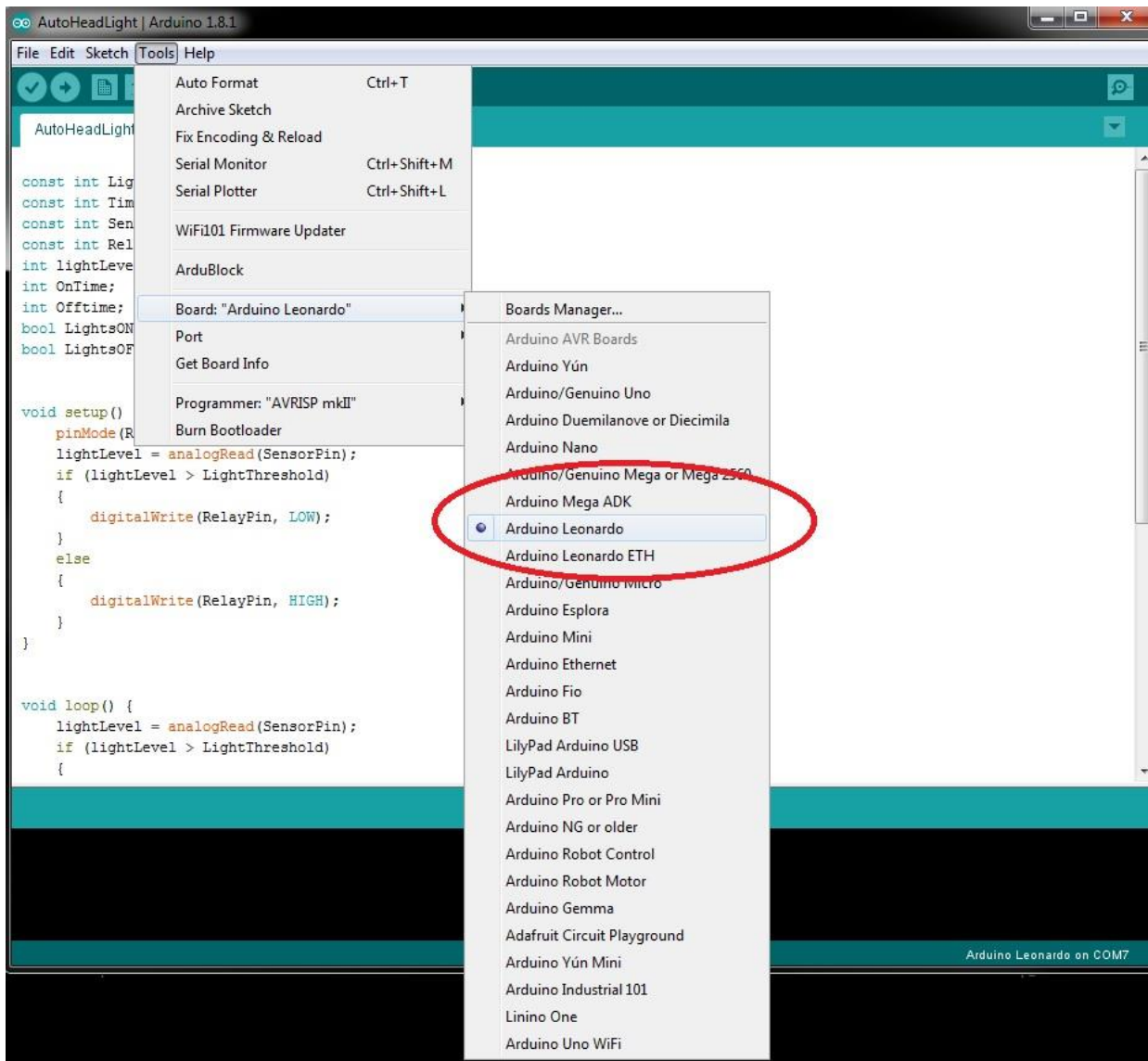make sure you plug in the mainboard into your computer via the micro usb port on the board

Go into the "Arduino Script" folder then the "AutoHeadLight" folder and double click the "AutoHeadLight.ino" file and the Arduino ide will open.
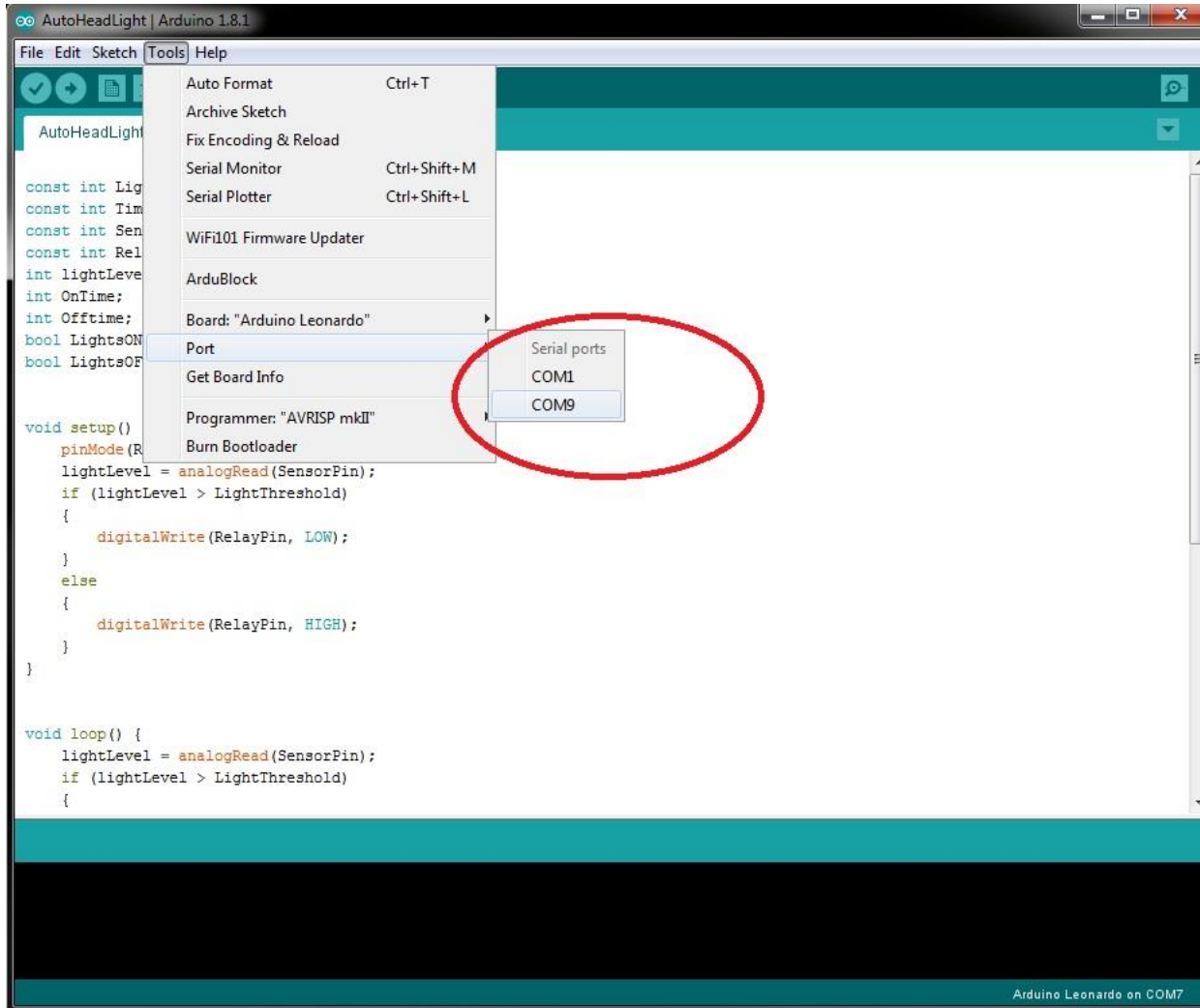
Now you need to select the mainboard type and the com port it is connected to
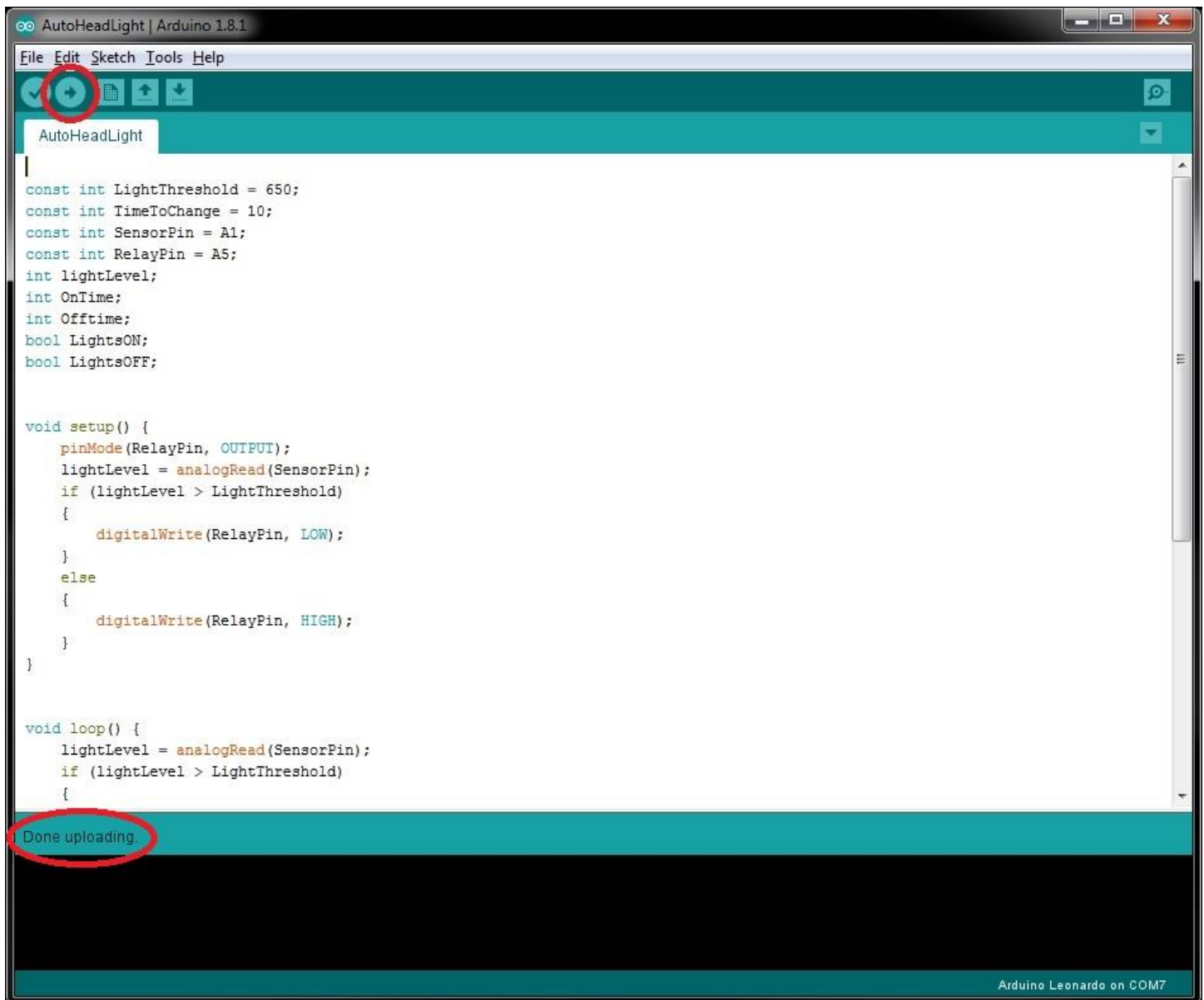
First off you select the mainboard type like this

You want to select "Arduino Leonardo"

Next select the com port it is connected to like this

Normally COM1 is not the mainboard in my case it was on COM9 but yours will probably be another number, select it.

Once that is done you can now click compile which is the little arrow in the red circle like this below

wait until it says "Done Uploading" like in the circle above and you have finished programming the Leonardo board.

You can unplug the board from the computer.

now you can make the module using the Schematic.jpg picture as a guide for where to put the wires