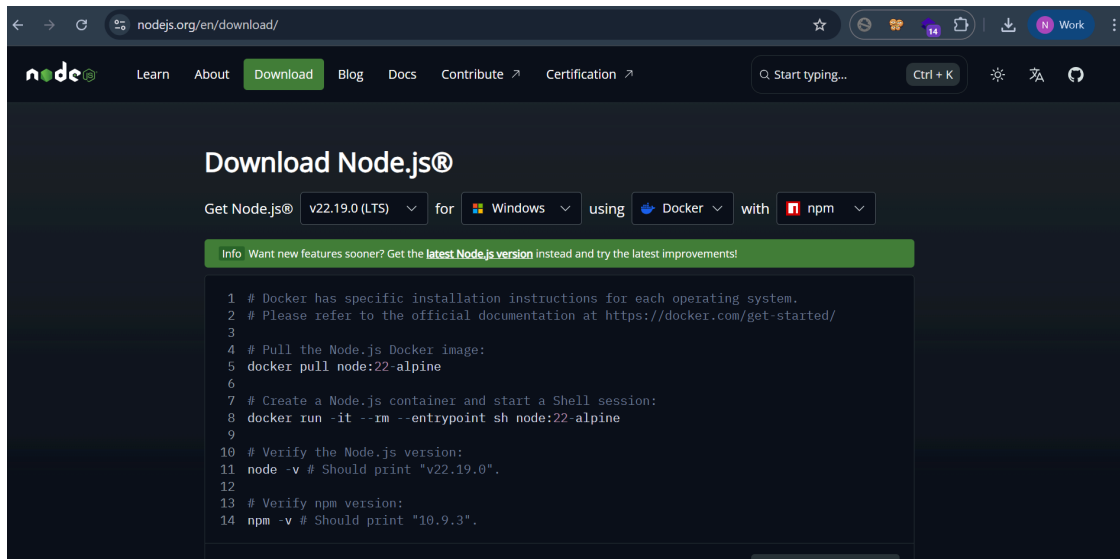


# FitFlex : Your Personal Fitness Companion.

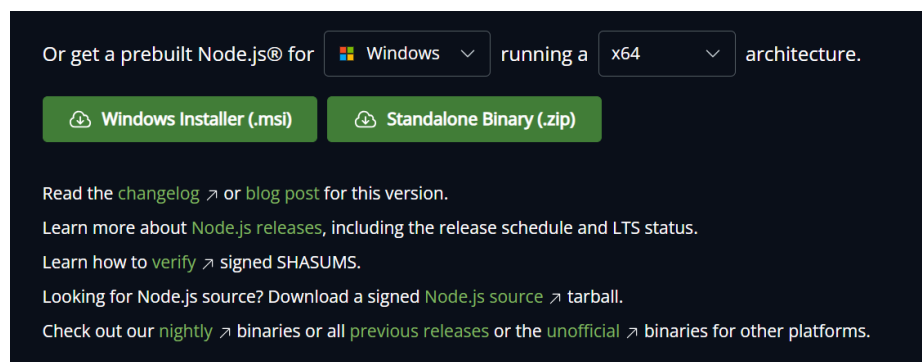
## Pre - Requirement:

- Download **Node.js LTS version** from <https://nodejs.org/en/download/>



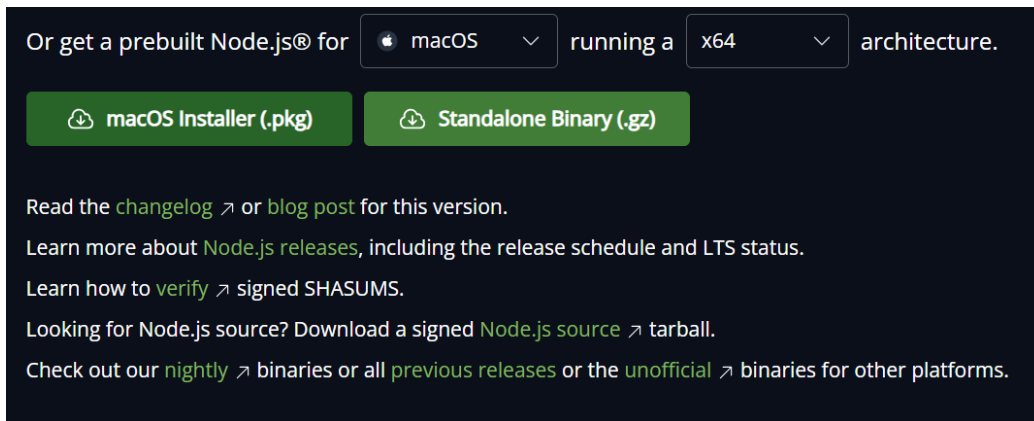
- Select your system configuration and click on

- **Windows installer (.msi)** if windows

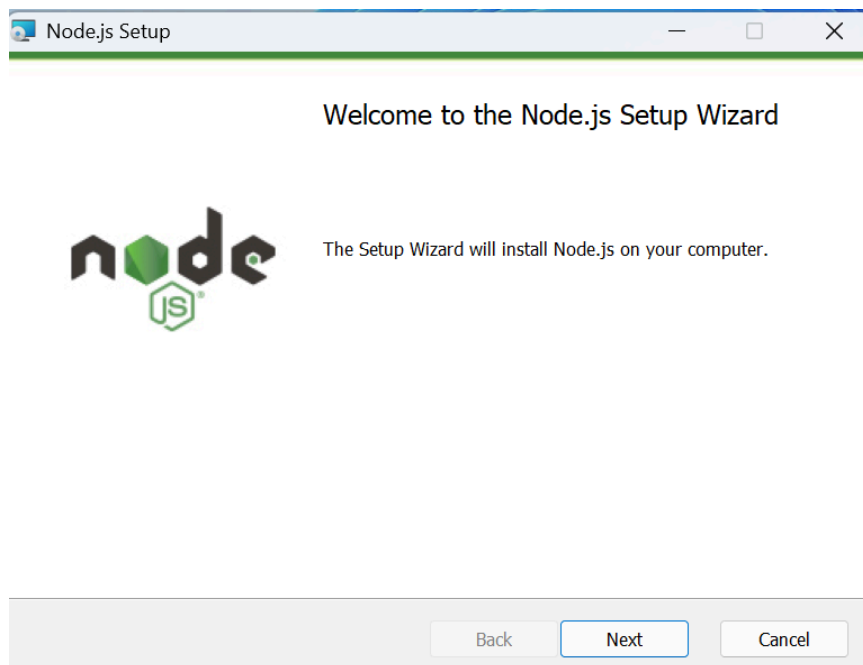


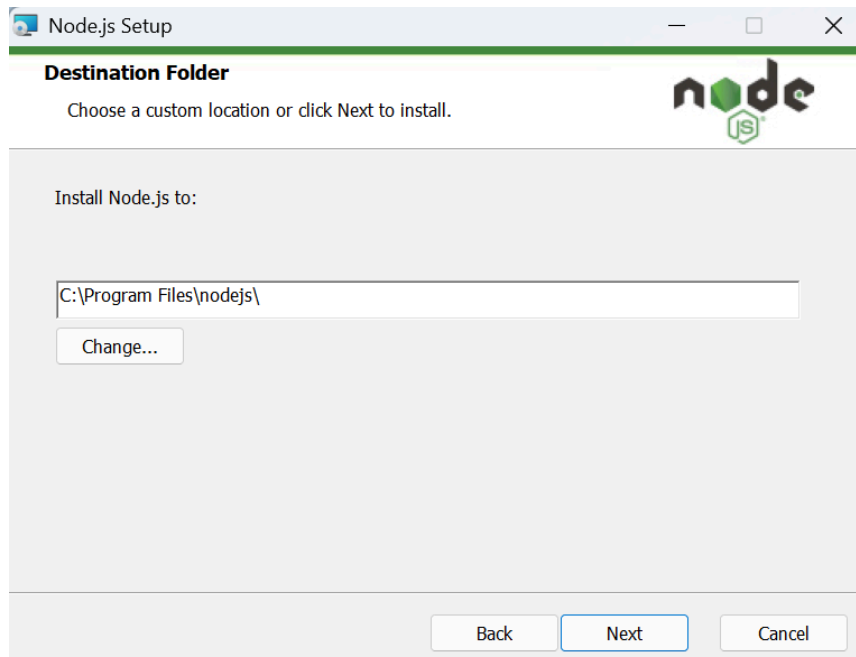
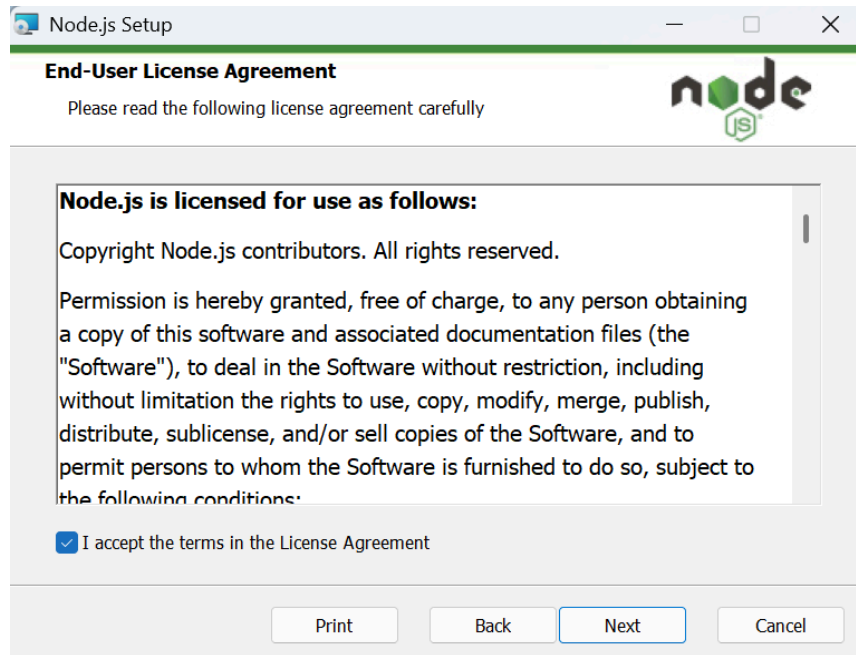
Or

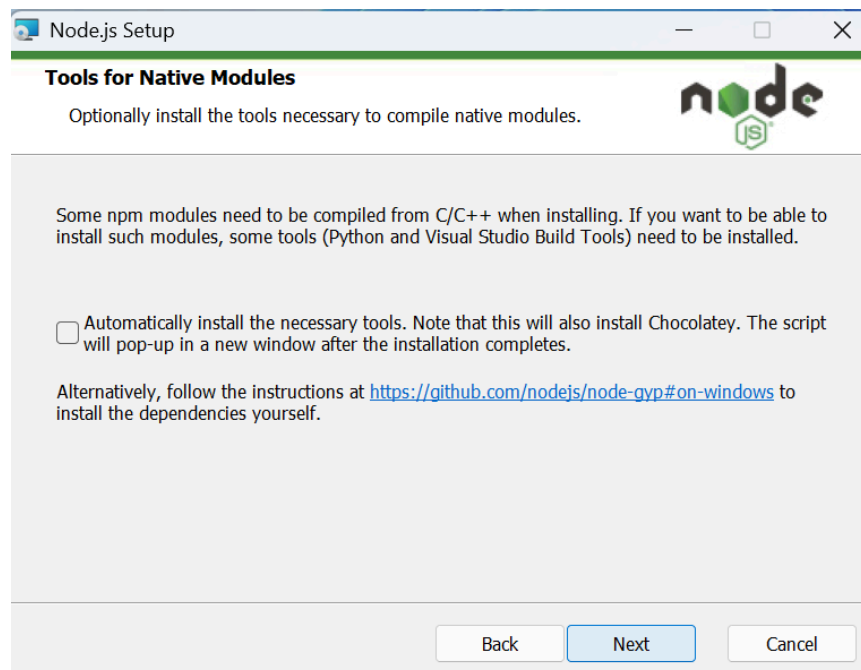
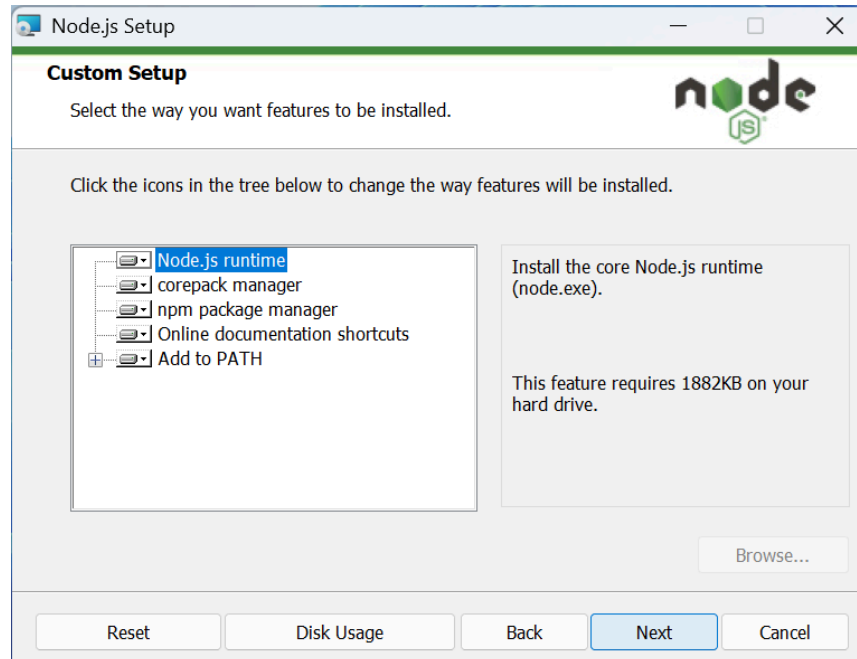
- **macOS installer (.pkg)** if macOS

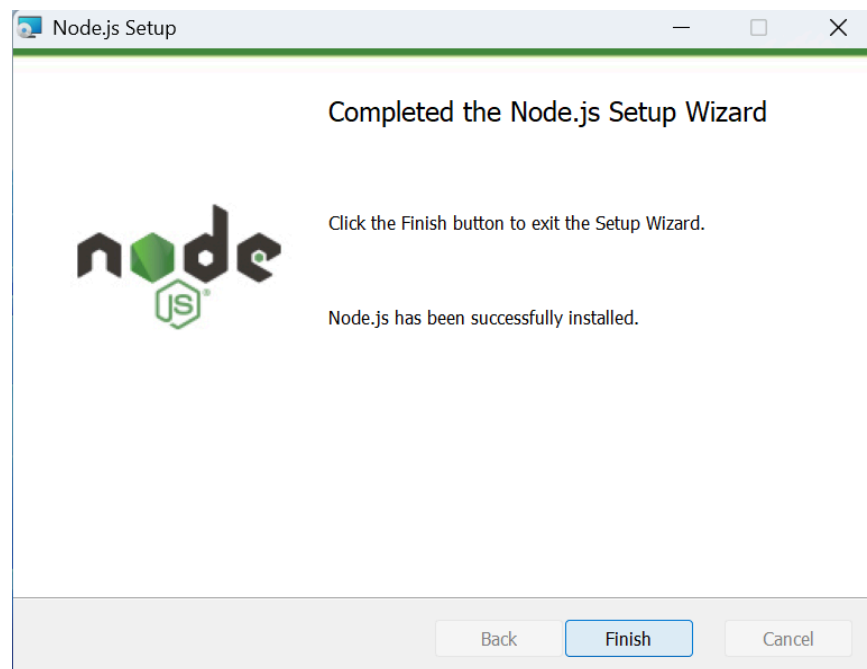
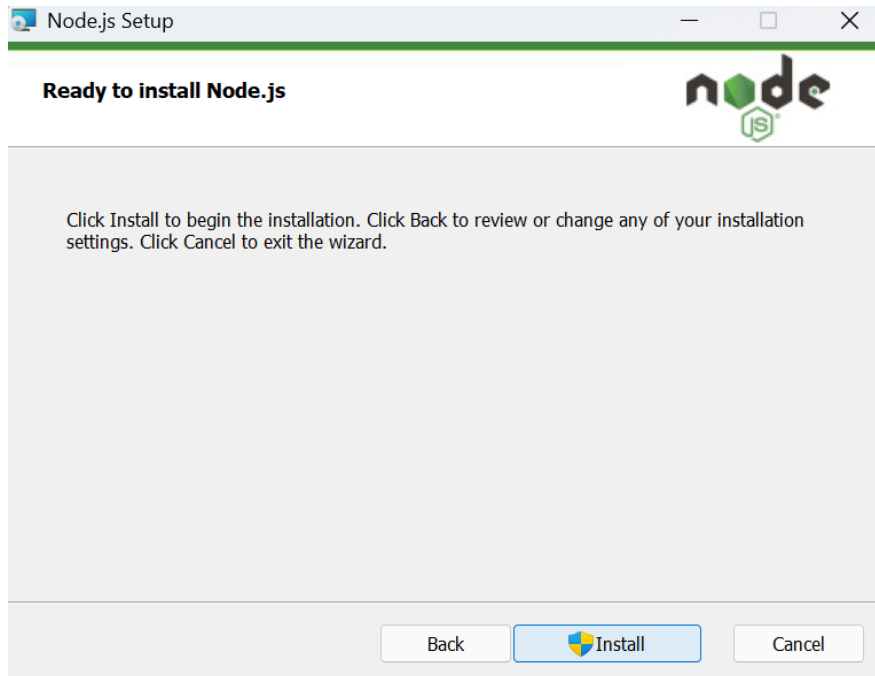


- After downloading, install Node.js by opening the downloaded file and follow the instructions below.

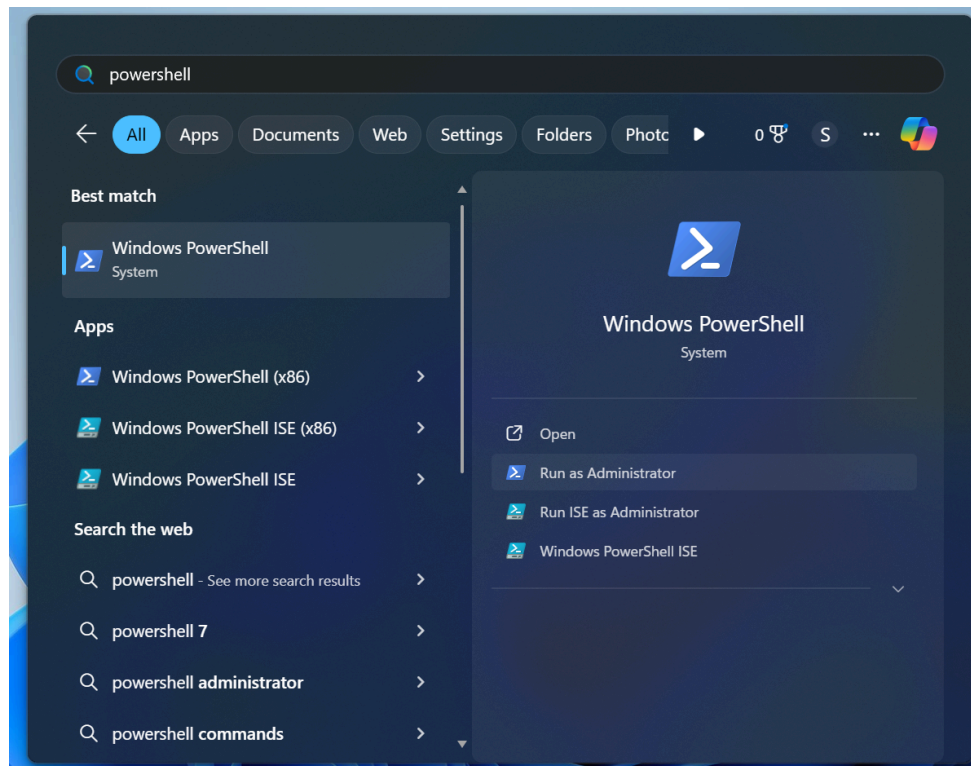




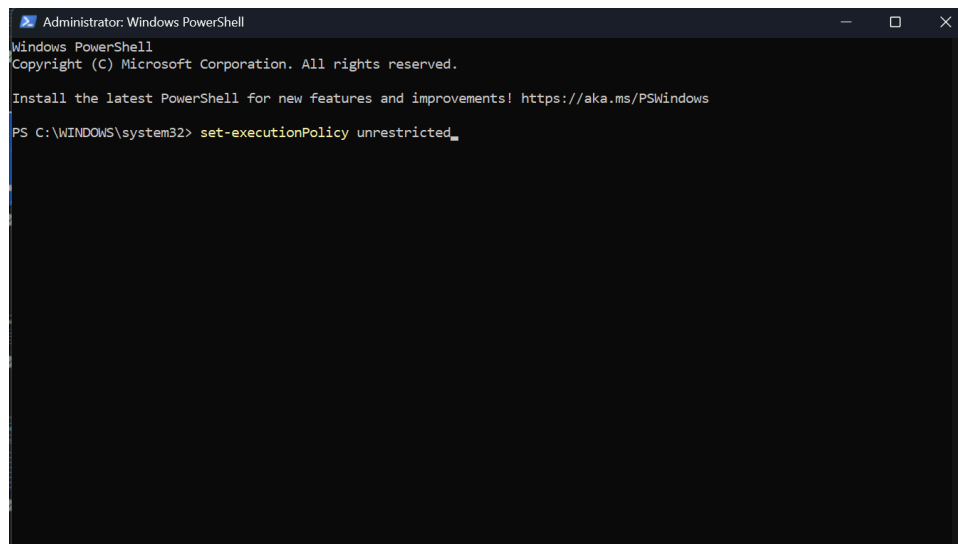




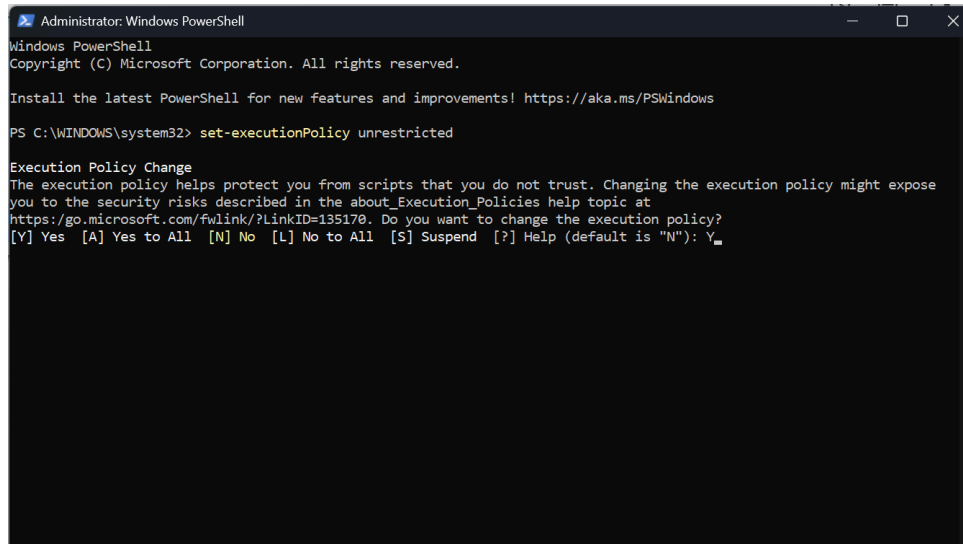
- After installing Node.js, open **Windows PowerShell As Administrator**



- Type **set-executionPolicy unrestricted** and press enter



- In the next step type **Y** and press enter



```
Administrator: Windows PowerShell
Windows PowerShell
Copyright (C) Microsoft Corporation. All rights reserved.

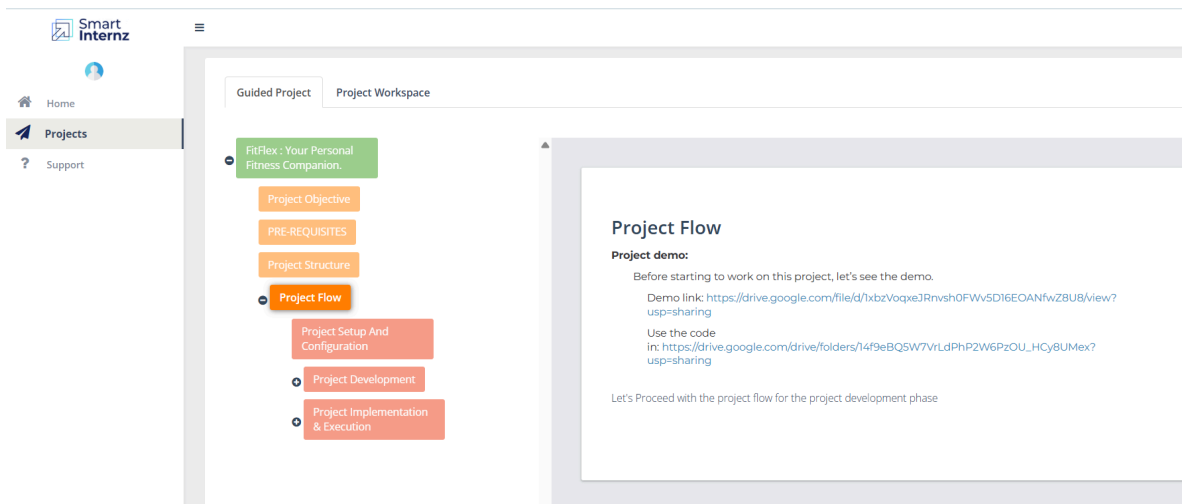
Install the latest PowerShell for new features and improvements! https://aka.ms/PSWindows

PS C:\WINDOWS\system32> set-executionPolicy unrestricted

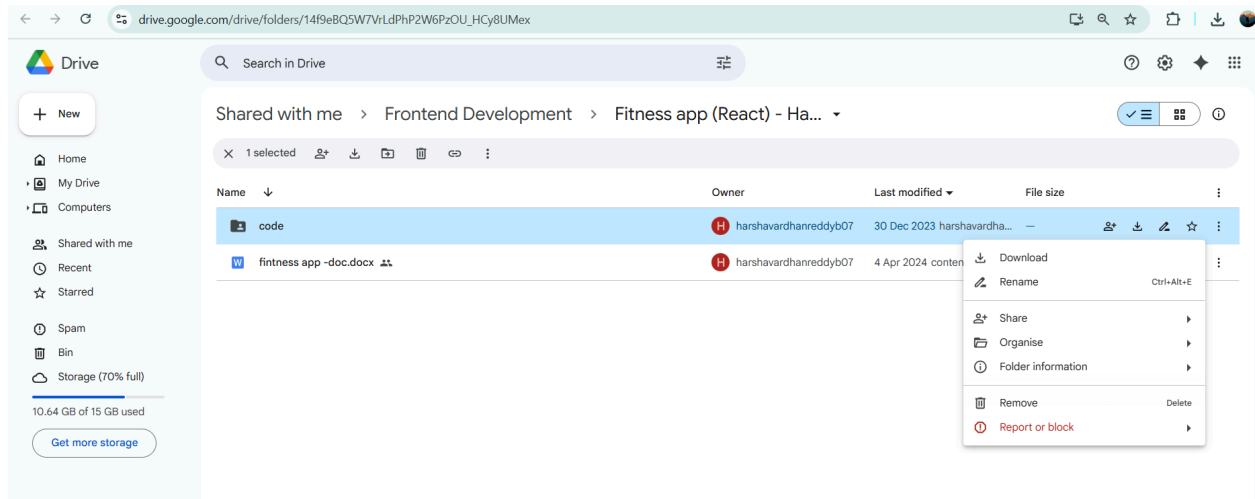
Execution Policy Change
The execution policy helps protect you from scripts that you do not trust. Changing the execution policy might expose
you to the security risks described in the about_Execution_Policies help topic at
https://go.microsoft.com/fwlink/?LinkID=135170. Do you want to change the execution policy?
[Y] Yes  [A] Yes to All  [N] No  [L] No to All  [S] Suspend  [?] Help (default is "N"): Y_
```

## Steps To Download And Execute Project:

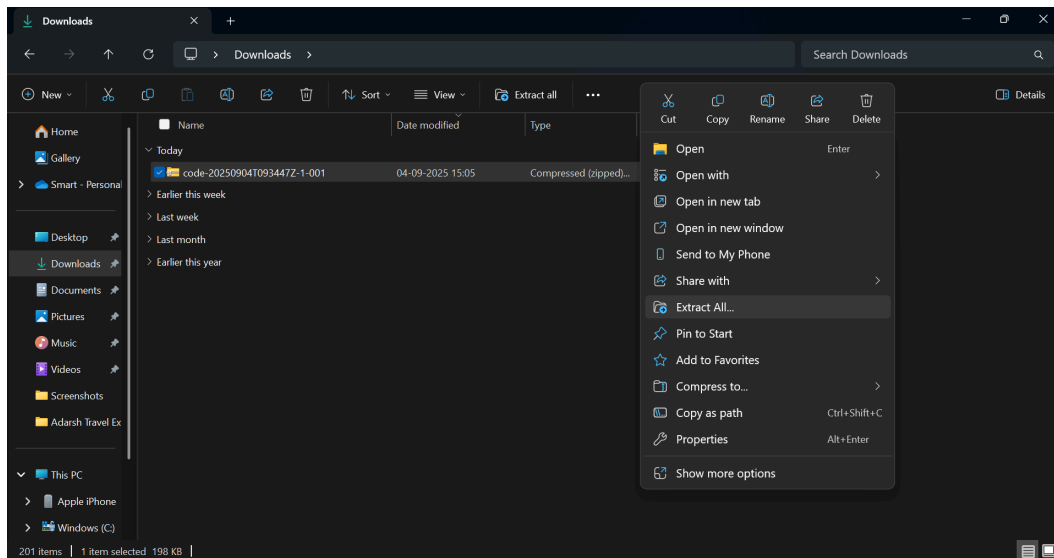
- From your SmartInternz portal GoTo Projects → Access Resources → Guided Projects → Go To Workspace
- 
- Inside Guided Project you can find **Project Flow**
- Now you can see two links one is the **demo video** and the other is the **code drive** link.
- Click on the code drive link or copy paste that link in your new chrome tab.



- Download the the code folder

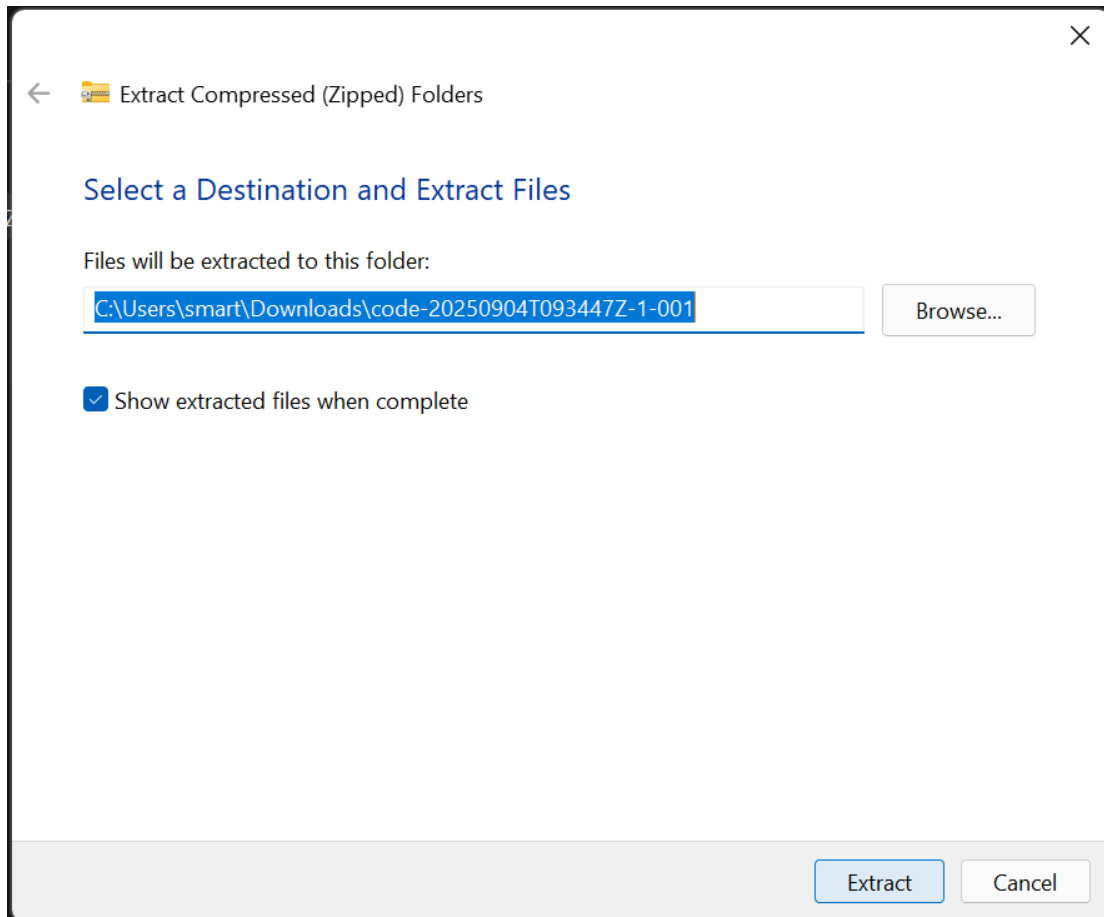


- Now go to downloads and **right click** on the downloaded zip folder and click on **extract all**

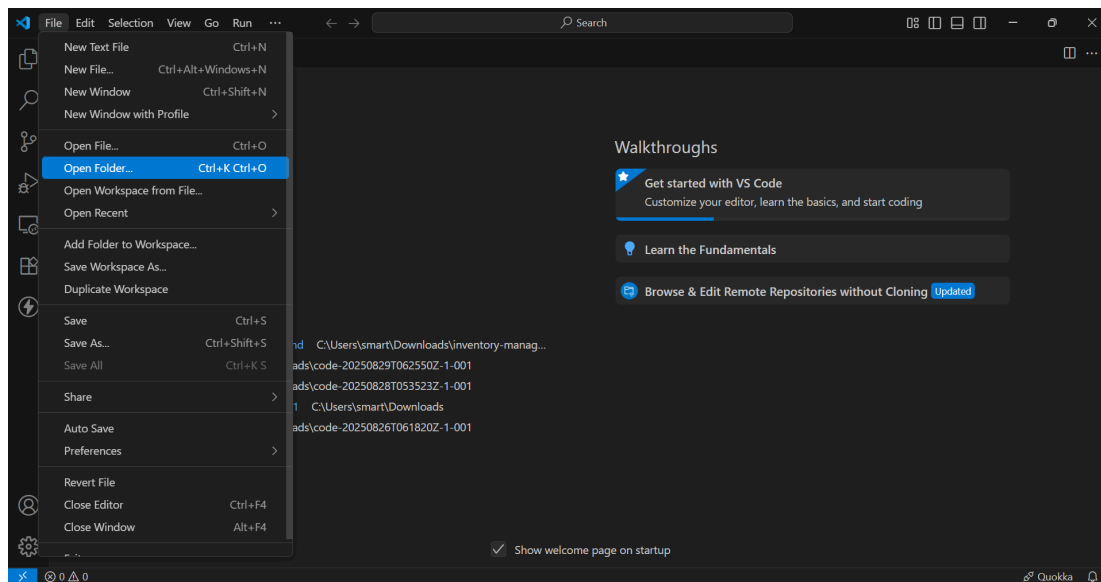


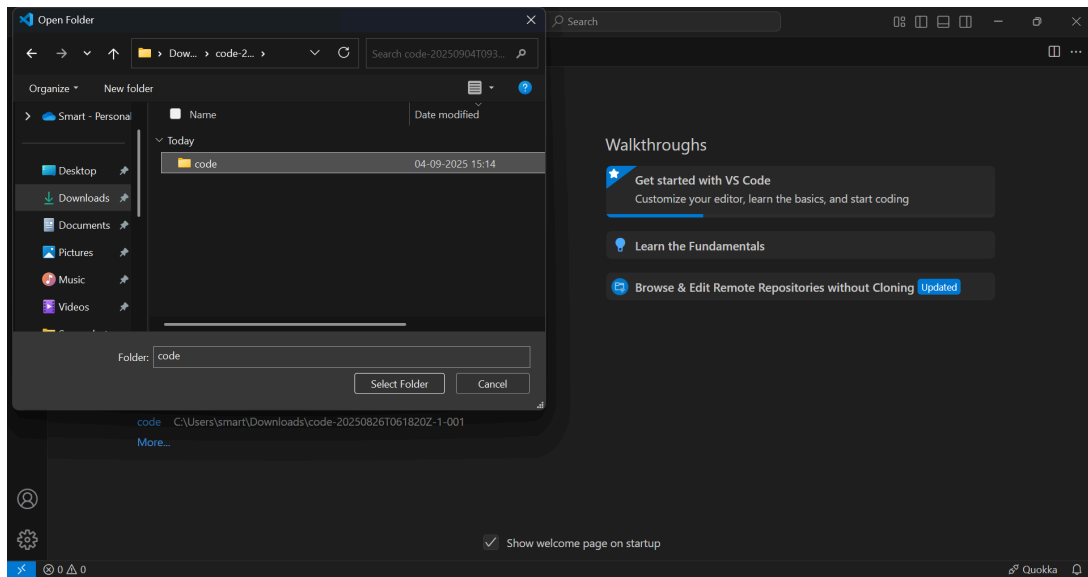
- Now click on **Extract**



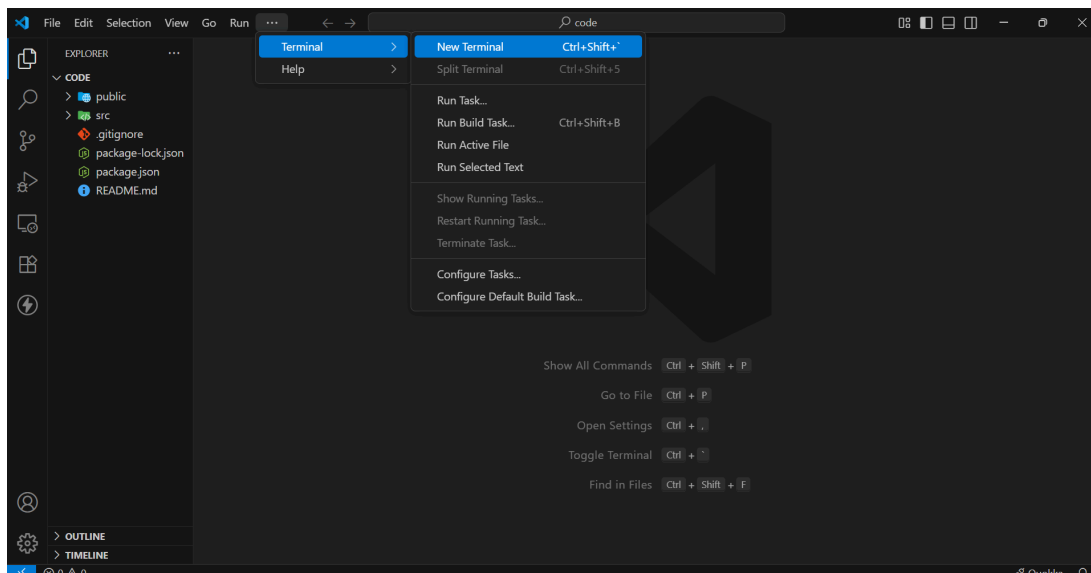


- Now open VS code and open the **code** folder from the **extracted folder**.

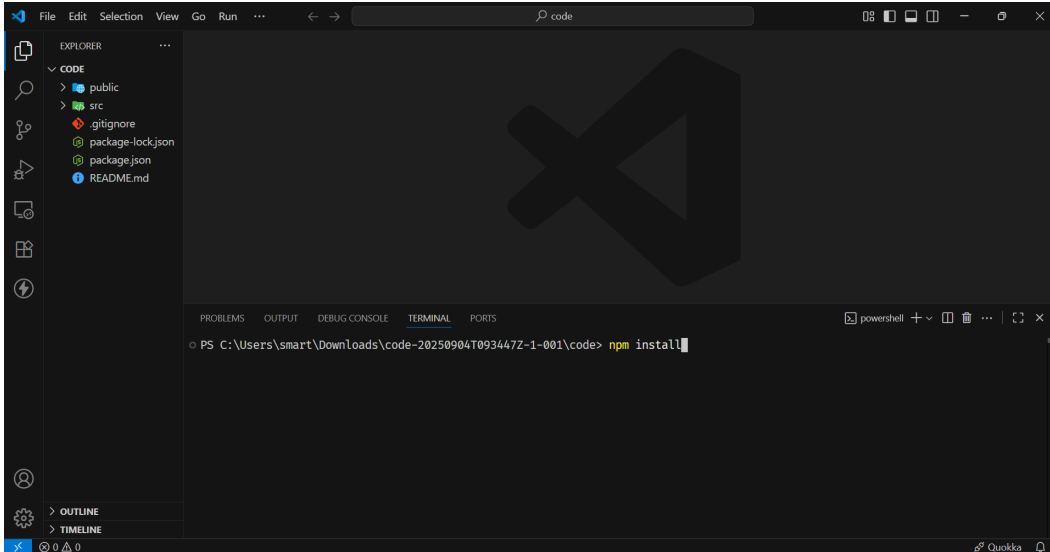




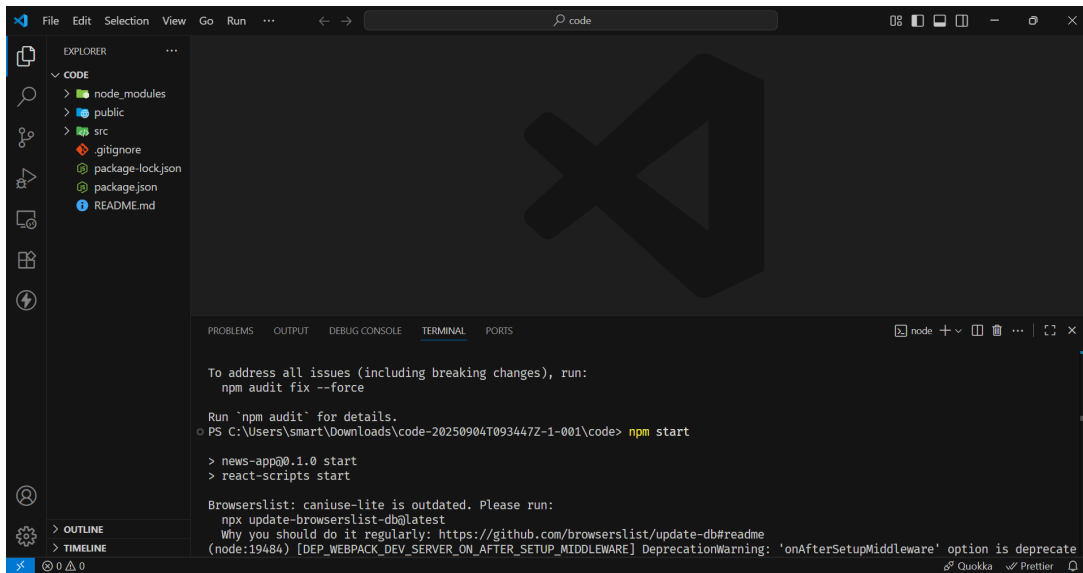
- Now open a new terminal.



- Type **npm install** in your terminal and press **Enter** and wait till all the dependencies gets download



- After all the downloads finishes, now type **npm start** and press **Enter**



- Now your application will be opened in your browser with url `http://localhost:3000`