**Exhaustive steps:**

**✅ PostgreSQL + Backend Setup**

* Install PostgreSQL from [postgresql.org](https://www.postgresql.org/)
* Set password for user postgres during install



* Optional: install pgAdmin (comes with PostgreSQL installer)
* Open pgAdmin and connect to your local server using postgres user
* Create a new database called LevelUp
* Create a table day\_entries with the required columns:
  + Run the CREATE TABLE SQL provided earlier
* Update your backend server.js:
  + Ensure DB name is exactly LevelUp
  + Use the correct password in the Pool config or .env
* From /server, run:
  + npm install
  + node server.js
* Verify terminal logs:
  + "Database connected..."
  + "Server is running on <http://localhost:5000>"

**✅ Frontend (React) Setup**

* From the root project folder, run:
  + npm install
* If needed, add to package.json:

json

CopyEdit

"react-start": "react-scripts start"

* Run the frontend:
  + npm run react-start
* App should open at http://localhost:3000

**✅ Test Connectivity**

* Fill out the form and click Submit
* Server should log "Form Data Received and Saved"
* Check pgAdmin → view day\_entries table → confirm data saved

**🧠 Backend Setup (Express API)**

**Note:** Password for pgAdmin is here;

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1. Navigate to the server folder:

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cd server

1. Install dependencies:

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1. Create a .env file (optional but recommended):

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AI-generated content may be incorrect.PG\_USER=postgres

PG\_PASSWORD=your\_db\_password

PG\_HOST=localhost

PG\_DATABASE=LevelUp

PG\_PORT=5432

1. Run the server:

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node server.js

You should see:

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**⚛️ Frontend Setup (React)**

1. Navigate to the root project folder (where project.json exists – probable src):

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1. Install React dependencies:

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npm install

1. Start React app:

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npm run react-start

1. App runs at <http://localhost:3000>

**🔗 API Endpoints (used by React)**

* GET /dayData?date=YYYY-MM-DD → fetch entry for a specific day
* POST /submit → submit entry form (handled in App.js)

**✅ Notes**

* Make sure your PostgreSQL service is running before starting the backend
* React form validation ensures restedRating and morningMoodRating are between 1–5