Step 1. Download R, open the downloaded file;

- Linux https://cran.r-project.org/bin/linux/
- Mac https://cran.r-project.org/bin/macosx/
- Windows https://cran.r-project.org/bin/windows/

Step 2. Download and Install R-Studio from the link below (choose the R-Studio version that corresponds to your laptop/computer operating system);

https://www.rstudio.com/products/rstudio/download/#download

Step 3. Open R-Studio and Install the "RM.weights" package, using the line of code here below,

install.packages("RM.weights")
library(RM.weights)