SPRINT 1

**User Story 1: Register an Account**

**Description:**  
*As a visitor, I want to register an account with my name, email, and password so that I can access my personal dashboard and begin tracking my calories and expenditures.*

**Expanded Details:**

* The registration process must collect the following information: full name, email, and password.
* Passwords must follow security rules: at least 8 characters, one uppercase letter, one number, and one special character.
* The system should verify that the email is unique and not already registered.
* The registration form should include feedback messages for invalid input, such as missing fields or incorrect password format.

**Acceptance Criteria:**

* User details are successfully saved in the system.

**User Story 2: Log in**

**Description:**  
*As a registered user, I want to log into the application using my email and password so that I can access my dashboard and manage my calories data.*

**Expanded Details:**

* Users should be able to log in using their registered email and password.
* The system must validate credentials and deny access for invalid combinations.
* The system should provide error messages, such as "Invalid email or password."
* Users should have the option to reset their password by providing their email address.

**Acceptance Criteria:**

* Users are successfully redirected to their dashboard upon valid login.
* Error messages are displayed for invalid credentials.
* Password recovery emails are sent within one minute of the reset request.