**T-Shirt Sizing Estimation**

1. **User Registration**
   * **Complexity**: M
   * **Description**: Creating endpoints for user registration, validating and securely storing user details.
   * **Effort**: Moderate complexity involving secure storage and validation logic.
2. **User Login**
   * **Complexity**: M
   * **Description**: Creating endpoints for user login, validating credentials, and providing a session token.
   * **Effort**: Moderate complexity involving secure authentication and session management.
3. **User Session Management**
   * **Complexity**: M
   * **Description**: Implementing session management with token-based authentication and ensuring tokens expire.
   * **Effort**: Moderate complexity involving secure session handling and token expiration logic.

**Detailed Estimation for Each Task**

**1. User Registration**

* **Task Breakdown**:
  + Design and implement user registration API (1 day)
  + Validate user input (1 day)
  + Securely store user data (1 day)
  + Implement email verification (if needed) (1 day)
  + Testing and bug fixing (1 day)
* **Estimated Effort**:
  + Total: 5 days
  + **T-Shirt Size**: M

**2. User Login**

* **Task Breakdown**:
  + Design and implement user login API (1 day)
  + Validate user credentials (1 day)
  + Implement session token generation (1 day)
  + Testing and bug fixing (1 day)
* **Estimated Effort**:
  + Total: 4 days
  + **T-Shirt Size**: M

**3. User Session Management**

* **Task Breakdown**:
  + Design and implement session management (1 day)
  + Implement token-based authentication (1 day)
  + Ensure token expiration logic (1 day)
  + Testing and bug fixing (1 day)
* **Estimated Effort**:
  + Total: 4 days
  + **T-Shirt Size**: M

**Total Estimation for User Authentication and Management**

* **Overall Effort**:
  + User Registration: 5 days
  + User Login: 4 days
  + User Session Management: 4 days
* **Total**: 13 days

**Team Allocation**

* **Middle-Level Developer**:
  + User Registration: 5 days
  + User Session Management: 2 days (shared with senior developer)
* **Senior-Level Developer**:
  + User Login: 4 days
  + User Session Management: 2 days (shared with middle-level developer)