https://github.com/Shane-Fry-Fanshawe/fry_shane_edituser

Incrementing in PHP for login count

http://php.net/manual/en/language.operators.increment.php

looking at current time stuff

http://php.net/manual/en/function.strtotime.php

date stuff for tier 4

https://stackoverflow.com/questions/17717911/how-to-subtract-minutes