**Progress Summary (Week of 8/3)**

* **Backend**
  + Learned the **controller/service architecture**:
    - Controllers handle incoming requests/responses.
    - Services contain reusable business logic.
  + Implemented **JWT authentication** with access and refresh tokens.
  + Added functionality to create and manage custom users in the backend.
* **Frontend**
  + Started implementing the **JWT sign-in flow**.
  + Set up **Expo Router** for navigation.
  + Created an **AuthProvider (Auth Context)** to manage global authentication state.
  + Integrated **Expo SecureStore** for secure storage of access and refresh tokens.
  + Learned how to integrate Auth Context with token storage to allow automatic sign-in detection.
  + Explored **auto-refreshing tokens** when expired.
  + Began setting up **route protection** based on authentication state (isValidUser).
* **Other**
  + Learned how **splash screens** work and how they fit into the authentication check process (not yet implemented).

**Next Steps**

* Complete **JWT authentication logic** on the frontend.
* Implement **Axios interceptors** for:
  + Automatically attaching access tokens to requests.
  + Refreshing tokens when expired.