



12) Users and User Authentication Lesson

# Lab: Password Security and Flask-Login

3 min to complete · By Brandon Giguous

If you have not already [cloned the Python Flask labs project](#), and got it open in VS Code, please do so before proceeding with this lab.

## Learn by Doing



1. Navigate to the labs project and open it in VS Code.
2. Complete all the exercises in the [01\\_password\\_security\\_and\\_flask\\_login folder](#).
3. If you're subscribed to our [membership](#) or [mentorship](#) programs, please feel free reach out on [Discord](#) for a review or any help!
4. When you complete the labs, please be sure to push your work to GitHub. This step is easily and often overlooked, but it is one of the **most important**. Version control and collaboration tools, most notably Git & GitHub, are used ubiquitously by all software engineers and engineering companies. We advise that you not skip it. Prove your work. Push it to GitHub. Get the practice, and get those GitHub Greens!