```json
 1  {
 2      "Logging": {
 3          "IncludeScopes": false,
 4          "LogLevel": {
 5              "Default": "Warning"
 6          }
 7      },
 8      "Jwt": {
 9          "Key": "myFirstJWTSigningPasswordKeyThing:)",
10          "Issuer": "http://localhost"
11      },
12      "ConnectionStrings": {
13          "TheDatabase": "Server=tcp:lizardswimmer-
             dbserver.database.windows.net,1433;Initial Catalog=lizardswimmer-db;Persist
             Security Info=False;User
             ID=jamd315;Password=ALongCreativePasswordForTheDatabase:);MultipleActiveResul
             tSets=False;Encrypt=True;TrustServerCertificate=False;Connection Timeout=30;"

14      },
15      "ApplicationInsights": {
16          "InstrumentationKey": "c70b50f2-a586-4a44-b4c6-0e974a9a1e4e"
17      },
18      "LoginDurationMinutes": 120
19  }
```