1. Create a blank Chrome extension project.

2. Add the HTML, CSS, and JavaScript code to the extension, which will include the user input form.

3. Add the code to the background page, which will handle communication with the server and authentication.

4. Add the code to activate camera and audio proctoring, which will capture images of the user every three minutes and send them to the server.

5. Add code to store user activity data on the server.

6. Test the extension and make sure it is working properly.

7. Publish the extension on the Chrome Web Store.

Frontend(Should be As Chrome Extensions)

1. Create a basic Chrome extension structure with manifest.json, HTML, CSS, and JavaScript files.

2. Design the user interface with a form for the user to input their details.

3. Connect the form data to the backend server using AJAX calls.

4. Perform audio and video requirement checks and display the candidate's live webcam feed on the page.

5. Store images of the user from the browser to the server at configurable intervals.

6. Create an admin dashboard for displaying the stored images and user information.

7. Test the extension and make sure it is working as expected.

8. Publish the extension on the Chrome Web Store.

Steps to create a Backend for Storing Data and Images:

1. Set up a web server with a database such as MySQL, MongoDB, or PostgreSQL.

2. Create a server-side application using a web programming language such as PHP, Python, or Ruby.

3. Design the database schema to store user information, images, and timestamps.

4. Develop the application logic and RESTful API endpoints to retrieve and store data.

5. Configure a cloud storage solution such as Amazon S3 or Google Cloud Storage for image storage.

6. Set up the necessary security measures to protect the data and images.

7. Test and deploy the application.

8.You can use c# extension also for all that.