User Sign Up Guide

A picture containing chart

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**Entering a Last Name requires**

* **Your given Surname**
* **No more than 16 characters**
* **E.g Smith**

**Entering a FirstName requires**

* **Your given First Name**
* **No more than 16 characters**
* **E.g John**

**Creating a password requires**

* **A mixture of both uppercase and lowercase letters**
* **Inclusion of at least one special character, e.g., ! @ # ?**
* **E.g #URecipe**

**Entering a Date Of Birth requires**

* **Your given Date Of Birth**
* **E.g 01/01/2000**

**Entering a email requires**

* **A valid email address linked to you**
* **E.g @gmail @outlook @icloud**

**Creating a username requires**

* **The first letter of your first name, followed by your entire last name**
* **E.g JSmith**

**\*\* Ensure the Username and Password that is created is stored in a safe place as these details will be required to Sign In to your portal**

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**By selecting the Submit Button**

* **You consent for URecipe to hold your personal details**
* **Access to the survey page to select your dietary requirements**

INSERT PICTURE OF MENU BACK BUTTON AND WHAT IT DOES