**User Management & Security Overview**

**1. Secure Login System**

* **Access Control:** The core posture analysis application is now protected by a secure login screen. Users must have a valid username (email) and password to access the functionality.
* **Password Security:** All user passwords are encrypted before being stored in the database, ensuring they are not visible to anyone.
* **Failed Login:** If a user enters incorrect credentials, they will see an error message advising them to contact an administrator to reset their password.

**2. User Roles** The system has two distinct user roles with different levels of access:

* **Admin:** Has full control over user management.
* **User:** Has standard access to the posture analysis application.

**3. Admin Panel & Capabilities** An administrator logs in with their own credentials and has access to a special "Admin Panel" in the sidebar with the following capabilities:

* **Create New Users:** Admins can create new user accounts by providing a full name and a unique email address (which serves as the username).
* **View All Users:** Admins can see a complete list of all registered users, including their role, creation date, and recent activity.
* **Password Reset:** Admins can select any user (except other admins) from a list and reset their password. The password will be reset to the user's email address, and the user will be required to set a new password upon their next login.

**4. Standard User Account Features**

* **Initial Login:** When a new user logs in for the first time, their temporary password is their email address. They are immediately required to create a new, private password before they can proceed.
* **Self-Service Password Change:** Any logged-in user can change their own password at any time through an option in the sidebar.

**5. Activity & Analysis Tracking** The system now tracks key user activities for reporting and auditing purposes:

* **Analysis Attribution:** Every posture analysis record saved to the cloud database is now linked to the email of the user who performed it.
* **Usage Metrics:** The system counts the number of times each user clicks the "Analyze Posture" and "Download PDF" buttons.
* **Last Login:** The date and time of each user's last login is recorded.
* **Admin Visibility:** All of these tracking metrics are visible to administrators in the user list within the Admin Panel.