**Quiz App User Guide**

This user guide provides a step-by-step explanation of how to use the Quiz App, an application built with Flask for the backend and React for the frontend.

**Table of Contents**

1. Getting Started
2. Registration
3. Logging In
4. Navigating the Dashboard
5. Taking a Quiz
6. Viewing Results

**Getting Started**

Before you can use the Quiz App, you need to install it on your local machine. Here's how:

1. Clone the Quiz App repository from GitHub.
2. Open a terminal and navigate to the project directory.
3. Install the backend dependencies by running **pip install -r requirements.txt** in the **server** directory.
4. Start the backend server by running **python app.py** in the **server** directory.
5. Install the frontend dependencies by running **npm install** in the **frontend** directory.
6. Start the frontend server by running **npm start** in the **frontend** directory.

Now, you should be able to access the Quiz App at **http://localhost:3000** in your web browser.

**Registration**

Before you can take quizzes, you need to register a user account:

1. Click the "Register" button on the homepage.
2. Enter your desired username and password.
3. Click the "Register" button to create your account.

**Logging In**

After you've registered an account, you can log in:

1. Click the "Login" button on the homepage.
2. Enter your username and password.
3. Click the "Login" button to log in to your account.

**Navigating the Dashboard**

Once you're logged in, you'll be taken to your dashboard, which shows a list of available quizzes. Click on any quiz to start taking it.

**Taking a Quiz**

To take a quiz:

1. From your dashboard, click on the quiz you want to take.
2. Answer each question by clicking on the option you want to select.
3. After you've answered all the questions, click the "Submit Quiz" button to submit your answers.

**Viewing Results**

After you've submitted a quiz, you can view your results:

1. From your dashboard, click the "Results" button.
2. Click on the result you want to view.

This will show you the score you received on the quiz, as well as the correct answers to each question.

This concludes the Quiz App User Guide. If you have any further questions or need additional assistance, feel free to ask for help.