**Week 3:**

**Name:**

**Mobile:**

| **Personal Development Workouts** |
| --- |
| 1. Watch Jocko’s interview about Discipline equals Freedom.   [Why Discipline Equals Freedom](https://www.youtube.com/watch?v=j3UkRFyaALI)   1. Prepare an audio note about this interview and the concept of discipline equals freedom. |
| *Write a short description about this task* |
| *Link to the folder containing your audio summary* |

| **Technical Workouts** |
| --- |
| 1. Complete basic programming fundamentals in your domain.   For example, if your domain is Node.js, learn basic programming fundamentals in javascript such as variables, conditional statements, loops, arrays, functions, class, objects, etc.   1. Complete all the assignments in the following document using the language you have chosen in your domain.   [Assignments](https://docs.google.com/document/d/1JNHMHmkhH1aB6XL6zBG60hI6LqtLRzvQZ9nio4cp1MA/edit?usp=sharing) |
| *Write a short description about this task*  *Link to the tutorials that you have followed* |
| *Write a short description about this task*  *Link to the folder containing the code and the screenshot of the output* |

| **Miscellaneous Workouts** |
| --- |
| 1. Practice typing for at least one hour each day. Finish as many chapters as possible as you can. Don’t spend more than an hour each day. 2. Prepare a topic for the tech seminar. Record and upload it on youtube as an unlisted video. 3. Conduct a Feedback session by the end of this week. 4. Prepare your progress video for the last week. Record and upload it on youtube as an unlisted video. |
| *Write a short description about this task*  *Link to screenshot image* |
| *Write a short description about this task*  *Link to your seminar video* |
| *Link to the document containing notes for your feedback session* |
| *Write a short description about this task*  *Link to your progress video* |