**Week 8**

**Name:**

**Mobile:**

| **Personal Development Workouts** |
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| 1. Finish reading the first 50 pages of the book Atomic Habits by James Clear and prepare an audio note on each chapter. |
| *Write a short description about this task*  *Link to the folder containing your audio summary* |

| **Technical Workouts** |
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| 1. Complete your project according to the instructions. |
| *Write a description about this task* |

| **Miscellaneous Workouts** |
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| 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* |