Understanding the Problem:
How did you approach understanding the challenge? Were there any parts of the problem you found confusing at first? If so, how did you resolve that confusion?
I first started to ask Chat to show me how to enter your birthdate and today's date, then i ask how calculate how long i had lived in days and how long i sleeped in live in hours

Planning the Solution:
Did you create a plan or break the problem into smaller steps before coding? How did you decide on the tools, data structures, or algorithms to use?

Implementation:
Did you write the code in small pieces or attempt the entire solution at once? How did you test your solution along the way to make sure it was working?
I mainly just first prompted just to get the smaller parts so I can understand more about the code. And test every part and then stitch every everything into the mastery

Overcoming Challenges:
What part of the problem was the most difficult for you? How did you handle moments when you felt stuck or unsure of what to do next?

Learning:
Was there anything you learned that you think will help you with future challenges?
Always ask what the code means before putting it in and Test code if it is on level.

Chat prompt:

https://chatgpt.com/c/68d42cb4-1bc4-8320-bdf3-abe4d4035acb