

Date	What	Hours	Total Hours
12/30/2021	Registration	Offensive	1
12/31/2021	Mental preparation	NONE	0
1/1/2022	Mental preparation	NONE	0
1/2/2022	Mental preparation	NONE	0
1/3/2022	Offensive Security Access to portal	Offensive	1
1/3/2022	TCM Practical Ethical Hacking - The Complete Course	TCM	15
1/4/2022	TCM Practical Ethical Hacking - The Complete Course + Windows Priv Esc	TCM	6
1/5/2022	TCM Linux Priv Esc + TCM Osint beginning	TCM	6
1/6/2022	TCM Open-Source Intelligence (OSINT) Fundamentals	TCM	6
1/7/2022	TCM Open-Source Intelligence (OSINT) Fundamentals + External Pentest Playbook	TCM	3
1/8/2022	Mental preparation	NONE	0
1/9/2022	TCM Open-Source Intelligence (OSINT) Fundamentals	TCM	2
1/10/2022	TCM Open-Source Intelligence (OSINT) Fundamentals + External Pentest Playbook + Network Threat Hunting	TCM	2
1/11/2022	External Pentest Playbook	TCM	8
1/12/2022	PEN-100	Offensive	2
1/13/2022	External Pentest Playbook	TCM	3
1/14/2022	PEN-100	Offensive	2
1/15/2022	Mental preparation	TCM	0
1/16/2022	PEN-100	Offensive	6
1/17/2022	TCM Movement, Pivoting and Persistence, Python 101 For Hackers	TCM	6
1/18/2022	Python 101 For Hackers	TCM	1
1/19/2022	Python 101 For Hackers	TCM	0.5
1/20/2022	Python 101 For Hackers	TCM	2
1/21/2022	Python 101 For Hackers	TCM	2
1/22/2022	Python 101 For Hackers	TCM	2
1/23/2022	Python 101 For Hackers	TCM	2
1/24/2022	PEN-100	Offensive	4
1/25/2022	PEN-100	Offensive	1
1/26/2022	PEN-100	Offensive	2
1/27/2022	PEN-100	Offensive	2
1/28/2022	PEN-100	Offensive	2
1/29/2022	PEN-100	Offensive	1
1/30/2022	PEN-100	Offensive	1
1/31/2022	Mental preparation	NONE	0
2/1/2022	Mental preparation	NONE	0
2/2/2022	PEN-100	Offensive	2
2/3/2022	Mental preparation	NONE	0

2/4/2022	Mental preparation	NONE	0
2/5/2022	Mental preparation	NONE	0
2/6/2022	Mental preparation	NONE	0
2/7/2022	PEN-100	Offensive	2
2/8/2022	PEN-100	Offensive	3
2/9/2022	Mental preparation	NONE	0
2/10/2022	Mental preparation	NONE	0
2/11/2022	Mental preparation	NONE	0
2/12/2022	Mental preparation	NONE	0
2/13/2022	Open Source Intelligence Techniques	TCM	1
2/14/2022	PEN-100	Offensive	4.5
2/15/2022	PEN-100	Offensive	8
2/16/2022	PEN-100	Offensive	5
2/17/2022	Mental preparation	NONE	0
2/18/2022	Mental preparation	NONE	0
2/19/2022	Mental preparation	NONE	0
2/20/2022	Mental preparation	NONE	0
2/21/2022	PEN-100	Offensive	6
2/22/2022	PEN-100	Offensive	3
2/23/2022	Mental preparation	NONE	0
2/24/2022	PEN-100	Offensive	3
2/25/2022	Mental preparation	NONE	0
2/26/2022	Mental preparation	NONE	0
2/27/2022	PEN-100	Offensive	6
2/28/2022	WEB-100	Offensive	3
3/1/2022	WEB-100	Offensive	2
3/2/2022	WEB-100	Offensive	2
3/3/2022	SOC-100	Offensive	3
3/4/2022	Mental preparation	NONE	0
3/5/2022	Mental preparation	NONE	0
3/6/2022	Mental preparation	NONE	0
3/7/2022	SOC-100	Offensive	3
3/8/2022	SOC-100	Offensive	5
3/9/2022	PEN-103	Offensive	3
3/9/2022	PEN-210	Offensive	4
3/10/2022	PEN-100	Offensive	2
3/11/2022	SOC-100	Offensive	2
3/12/2022	Mental preparation	NONE	0

3/13/2022	Mental preparation	NONE	0
3/14/2022	WEB-100	Offensive	4
3/15/2022	PEN-103	Offensive	2
3/16/2022	PEN-103	Offensive	1
3/17/2022	Mental preparation	NONE	0
3/18/2022	Mental preparation	NONE	0
3/19/2022	Mental preparation	NONE	0
3/20/2022	Mental preparation	NONE	0
3/21/2022	PEN-103	Offensive	4
3/22/2022	Mental preparation	NONE	0
3/23/2022	Mental preparation	NONE	0
3/24/2022	Mental preparation	NONE	0
3/25/2022	Mental preparation	NONE	0
3/26/2022	Mental preparation	NONE	0
3/27/2022	Mental preparation	NONE	0
3/28/2022	PEN-200	NONE	4
3/29/2022	Mental preparation	NONE	0
3/30/2022	Mental preparation	NONE	0
3/31/2022	Mental preparation	NONE	0
4/1/2022	Mental preparation	NONE	0
4/2/2022	Mental preparation	NONE	0
4/3/2022	Mental preparation	NONE	0
4/4/2022	Mental preparation	NONE	0
4/5/2022	Mental preparation	NONE	0
4/6/2022	Mental preparation	NONE	0
4/7/2022	Mental preparation	NONE	0
4/8/2022	Mental preparation	NONE	0
4/9/2022	Mental preparation	NONE	0
4/10/2022	Mental preparation	NONE	0
4/11/2022	PEN-200	Offensive	0.5
4/12/2022	Mental preparation	NONE	0
4/13/2022	Mental preparation	NONE	0
4/14/2022	PEN-200	Offensive	5
4/15/2022	PEN-200	Offensive	1
4/16/2022	Mental preparation	NONE	0
4/17/2022	Mental preparation	NONE	0
4/18/2022	Mental preparation	NONE	0
4/19/2022	PEN-200	Offensive	2

4/20/2022	PEN-200	Offensive	2
4/21/2022	Mental preparation	NONE	0
4/22/2022	Mental preparation	NONE	0
4/23/2022	Mental preparation	NONE	0
4/24/2022	Mental preparation	NONE	0
4/25/2022	PEN-200	Offensive	6
4/26/2022	PEN-200	Offensive	3
4/27/2022	Mental preparation	NONE	0
4/28/2022	PEN-200	Offensive	5
4/29/2022	Mental preparation	NONE	0
4/30/2022	Mental preparation	NONE	0
5/1/2022	Mental preparation	NONE	0
5/2/2022	Mental preparation	NONE	0
5/3/2022	PEN-200	Offensive	3
5/4/2022	Mental preparation	NONE	0
5/5/2022	Mental preparation	NONE	0
5/6/2022	Mental preparation	NONE	0
5/7/2022	Mental preparation	NONE	0
5/8/2022	Mental preparation	NONE	0
5/9/2022	Mental preparation	NONE	0
5/10/2022	Mental preparation	NONE	0
5/11/2022	Mental preparation	NONE	0
5/12/2022	Mental preparation	NONE	0
5/13/2022	Mental preparation	NONE	0
5/14/2022	Mental preparation	NONE	0
5/15/2022	Mental preparation	NONE	0
5/16/2022	Mental preparation	NONE	0
5/17/2022	Mental preparation	NONE	0
5/18/2022	Mental preparation	NONE	0
5/19/2022	Mental preparation	NONE	0
5/20/2022	Mental preparation	NONE	0
5/21/2022	Mental preparation	NONE	0
5/22/2022	Mental preparation	NONE	0
5/23/2022	Mental preparation	NONE	0
5/24/2022	Mental preparation	NONE	0
5/25/2022	Mental preparation	NONE	0
5/26/2022	Mental preparation	NONE	0
5/27/2022	Mental preparation	NONE	0

5/28/2022	Mental preparation	NONE	0
5/29/2022	Mental preparation	NONE	0
5/30/2022	Mental preparation	NONE	0
5/31/2022	Mental preparation	NONE	0
6/1/2022	Mental preparation	NONE	0
6/2/2022	Mental preparation	NONE	0
6/3/2022	Mental preparation	NONE	0
6/4/2022	Mental preparation	NONE	0
6/5/2022	Mental preparation	NONE	0
6/6/2022	Mental preparation	NONE	0
6/7/2022	Mental preparation	NONE	0
6/8/2022	Mental preparation	NONE	0
6/9/2022	Mental preparation	NONE	0
6/10/2022	Mental preparation	NONE	0
6/11/2022	Mental preparation	NONE	0
6/12/2022	Mental preparation	NONE	0
6/13/2022	Mental preparation	NONE	0
6/14/2022	Mental preparation	NONE	0
6/15/2022	Mental preparation	NONE	0
6/16/2022	Mental preparation	NONE	0
6/17/2022	Mental preparation	NONE	0
6/18/2022	Mental preparation	NONE	0
6/19/2022	Mental preparation	NONE	0
6/20/2022	Mental preparation	NONE	0
6/21/2022	Mental preparation	NONE	0
6/22/2022	Mental preparation	NONE	0
6/23/2022	Mental preparation	NONE	0
6/24/2022	Mental preparation	NONE	0
6/25/2022	Mental preparation	NONE	0
6/26/2022	PNPT Live	PNPT	1
6/27/2022	Mental preparation	NONE	0
6/28/2022	Mental preparation	NONE	0
6/29/2022	Mental preparation	NONE	0
6/30/2022	Mental preparation	NONE	0
7/1/2022	Mental preparation	NONE	0
7/2/2022	Mental preparation	NONE	0
7/3/2022	Mental preparation	NONE	0
7/4/2022	PEN100	OSCP	4

7/5/2022	PEN-100 and PEN-200	OSCP	3
7/6/2022	Mental preparation	NONE	0
7/7/2022	PEN-100 WEB-100 and SOC-100	OSCP	8
7/8/2022	PEN-100 and PEN-210	OSCP	8
7/9/2022	Mental preparation	NONE	0
7/10/2022	Mental preparation	NONE	0
7/11/2022	OSCP	OSCP	15
7/12/2022	OSCP	OSCP	8
7/13/2022	Mental preparation	NONE	0
7/14/2022	Mental preparation	NONE	0
7/15/2022	Mental preparation	NONE	0
7/16/2022	Mental preparation	NONE	0
7/17/2022	Mental preparation	NONE	0
7/18/2022	Mental preparation	NONE	0
7/19/2022	Mental preparation	NONE	0
7/20/2022	Mental preparation	NONE	0
7/21/2022	Mental preparation	NONE	0
7/22/2022	Mental preparation	NONE	0
7/23/2022	Mental preparation	NONE	0
7/24/2022	Mental preparation	NONE	0
7/25/2022	Mental preparation	NONE	0
7/26/2022	Mental preparation	NONE	0
7/27/2022	Mental preparation	NONE	0
7/28/2022	Mental preparation	NONE	0
7/29/2022	Mental preparation	NONE	0
7/30/2022	Mental preparation	NONE	0
7/31/2022	Mental preparation	NONE	0
8/1/2022	Mental preparation	NONE	0
8/2/2022	Mental preparation	NONE	0
8/3/2022	Mental preparation	NONE	0
8/4/2022	Mental preparation	NONE	0
8/5/2022	Mental preparation	NONE	0
8/6/2022	CLD	CLD	6
8/7/2022	OSWP exam	OSWP	10
8/8/2022	Mental preparation	NONE	0
8/9/2022	Mental preparation	NONE	0
8/10/2022	Mental preparation	NONE	0
8/11/2022	Mental preparation	NONE	0

8/12/2022	Mental preparation	NONE	0
8/13/2022	Mental preparation	NONE	0
8/14/2022	Mental preparation	NONE	0
8/15/2022	CLD	CLD	6
8/16/2022	CLD and Practical Malware Analysis & Triage	CLD	8
8/17/2022	Practical Malware Analysis & Triage	TCM	5
8/18/2022	Practical Malware Analysis & Triage	TCM	1.5
8/19/2022	Practical Malware Analysis & Triage	TCM	5
8/20/2022	Mental preparation	None	0
8/21/2022	Practical Web Application Security and Testing	TCM	10
8/22/2022	Practical Web Application Security and Testing	TCM	3
8/23/2022	Practical Web Application Security and Testing	TCM	5
8/24/2022	Practical Web Application Security and Testing	TCM	1
8/25/2022	Practical Web Application Security and Testing	TCM	5
8/26/2022	Practical Web Application Security and Testing	TCM	1
8/27/2022	Practical Web Application Security and Testing	TCM	4
8/28/2022	Red Team Field Manual	Offensive	2
8/29/2022	OSCP	Offensive	2.5
8/30/2022	OSCP	Offensive	5
8/31/2022	OSCP	Offensive	7
9/1/2022	OSCP	Offensive	5
9/2/2022	Mental preparation	NONE	0
9/3/2022	Mental preparation	NONE	0
9/4/2022	Mental preparation	NONE	0
9/5/2022	OSCP	Offensive	5
9/6/2022	OSCP	Offensive	7
9/7/2022	Mental preparation	NONE	0
9/8/2022	Mental preparation	NONE	0
9/9/2022	OSCP	Offensive	5
9/10/2022	OSCP	Offensive	10
9/11/2022	Mental preparation	NONE	0
9/12/2022	Mental preparation	NONE	0
9/13/2022	Hacking Enterprises	Security	8
9/14/2022	Hacking Enterprises	Security	8
9/15/2022	Mental preparation	NONE	0
9/16/2022	Mental preparation	NONE	0
9/17/2022	Mental preparation	NONE	0
9/18/2022	Mental preparation	NONE	0

9/19/2022	OSCP	Offensive	3
9/20/2022	OSCP	Offensive	4
9/21/2022	OSCP	OSCP	1
9/22/2022	Hacking Enterprises	INSecurity	2
9/23/2022	PNPT Exam	TCM	15
9/24/2022	PNPT Exam	TCM	15
9/25/2022	PNPT Exam	TCM	7
9/26/2022	Mental preparation	NONE	0
9/27/2022	PNPT Exam	TCM	1
9/28/2022	Mental preparation	NONE	0
9/29/2022	OSCP	OSCP	2
9/30/2022	Mental preparation	NONE	0
10/1/2022	Mental preparation	NONE	0
10/2/2022	Mental preparation	NONE	0
10/3/2022	Mental preparation	NONE	0
10/4/2022	Mental preparation	NONE	0
10/5/2022	Mental preparation	NONE	0
10/6/2022	Mental preparation	NONE	0
10/7/2022	Mental preparation	NONE	0
10/8/2022	Mental preparation	NONE	0
10/9/2022	Mental preparation	NONE	0
10/10/2022	Mental preparation	NONE	0
10/11/2022	Mental preparation	NONE	0
10/12/2022	Mental preparation	NONE	0
10/13/2022	Mental preparation	NONE	0
10/14/2022	Mental preparation	NONE	0
10/15/2022	Mental preparation	NONE	0
10/16/2022	Mental preparation	NONE	0
10/17/2022	OSCP	OSCP	4
10/18/2022	Mental preparation	NONE	0
10/19/2022	Mental preparation	NONE	0
10/20/2022	Mental preparation	NONE	0
10/21/2022	Mental preparation	NONE	0
10/22/2022	Mental preparation	NONE	0
10/23/2022	Mental preparation	NONE	0
10/24/2022	Mental preparation	NONE	0
10/25/2022	Mental preparation	NONE	0
10/26/2022	Mental preparation	NONE	0

10/27/2022	Mental preparation	NONE	0
10/28/2022	Mental preparation	NONE	0
10/29/2022	Mental preparation	NONE	0
10/30/2022	Mental preparation	NONE	0
10/31/2022	Mental preparation	NONE	0
11/1/2022	OSCP	OSCP	2
11/2/2022	Mental preparation	NONE	0
11/3/2022	Mental preparation	NONE	0
11/4/2022	Mental preparation	NONE	0
11/5/2022	Mental preparation	NONE	0
11/6/2022	Mental preparation	NONE	0
11/7/2022	Mental preparation	NONE	0
11/8/2022	Mental preparation	NONE	0
11/9/2022	Mental preparation	NONE	0
11/10/2022	Mental preparation	NONE	0
11/11/2022	Mental preparation	NONE	0
11/12/2022	Mental preparation	NONE	0
11/13/2022	Mental preparation	NONE	0
11/14/2022	Mental preparation	NONE	0
11/15/2022	Mental preparation	NONE	0
11/16/2022	Mental preparation	NONE	0
11/17/2022	Mental preparation	NONE	0
11/18/2022	Mental preparation	NONE	0
11/19/2022	Mental preparation	NONE	0
11/20/2022	Mental preparation	NONE	0
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11/22/2022	Mental preparation	NONE	0
11/23/2022	Mental preparation	NONE	0
11/24/2022	Mental preparation	NONE	0
11/25/2022	Mental preparation	NONE	0
11/26/2022	Mental preparation	NONE	0
11/27/2022	Mental preparation	NONE	0
11/28/2022	Mental preparation	NONE	0
11/29/2022	Mental preparation	NONE	0
11/30/2022	Mental preparation	NONE	0
12/1/2022	Mental preparation	NONE	0
12/2/2022	Mental preparation	NONE	0
12/3/2022	Mental preparation	NONE	0

12/4/2022	Mental preparation	NONE	0
12/5/2022	Mental preparation	NONE	0
12/6/2022	Mental preparation	NONE	0
12/7/2022	Mental preparation	NONE	0
12/8/2022	Mental preparation	NONE	0
12/9/2022	Mental preparation	NONE	0
12/10/2022	Mental preparation	NONE	0
12/11/2022	Mental preparation	NONE	0
12/12/2022	Mental preparation	NONE	0
12/13/2022	Mental preparation	NONE	0
12/14/2022	Mental preparation	NONE	0
12/15/2022	Mental preparation	NONE	0
12/16/2022	Mental preparation	NONE	0
12/17/2022	OSCP Exam	OSCP	12
12/18/2022	OSCP Exam	OSCP	12
12/19/2022	Mental preparation	NONE	0
12/20/2022	Mental preparation	NONE	0
12/21/2022	Mental preparation	NONE	0
12/22/2022	Mental preparation	NONE	0
12/23/2022	Mental preparation	NONE	0
12/24/2022	Mental preparation	NONE	0
12/25/2022	Mental preparation	NONE	0
12/26/2022	Mental preparation	NONE	0
12/27/2022	Mental preparation	NONE	0
12/28/2022	Mental preparation	NONE	0
12/29/2022	Mental preparation	NONE	0
12/30/2022	Mental preparation	NONE	0
12/31/2022	Mental preparation	NONE	0
1/1/2023	Mental preparation	NONE	0
1/2/2023	Mental preparation	NONE	0
1/3/2023	Pentester Academy	OSCP	3
1/4/2023	Mental preparation	NONE	0
1/5/2023	Mental preparation	NONE	0
1/6/2023	Pentester Academy	OSCP	6
1/7/2023	Mental preparation	NONE	0
1/8/2023	Mental preparation	NONE	0
1/9/2023	Pentester Academy	OSCP	4
1/10/2023	Pentester Academy	OSCP	3

1/11/2023	Pentester Academy	OSCP	3
1/12/2023	Mental preparation	NONE	0
1/13/2023	Mental preparation	NONE	0
1/14/2023	Mental preparation	NONE	0
1/15/2023	Mental preparation	NONE	0
1/16/2023	API Penetration Testing and OSCP	OSCP	2
1/17/2023	Mental preparation	NONE	0
1/18/2023	Mental preparation	NONE	0
1/19/2023	Mental preparation	NONE	0
1/20/2023	Mental preparation	NONE	0
1/21/2023	Mental preparation	NONE	0
1/22/2023	Mental preparation	NONE	0
1/23/2023	Mental preparation	NONE	0
1/24/2023	Mental preparation	NONE	0
1/25/2023	INE	INE	2
1/26/2023	Mental preparation	NONE	0
1/27/2023	Mental preparation	NONE	0
1/28/2023	Mental preparation	NONE	0
1/29/2023	Mental preparation	NONE	0
1/30/2023	API Penetration Testing	API	0
1/31/2023	Mental preparation	NONE	0
2/1/2023	Mental preparation	NONE	0
2/2/2023	Mental preparation	NONE	0
2/3/2023	Mental preparation	NONE	0
2/4/2023	OSCP Exam	OSCP	19.5