

Romm's Tracker		The 8 Days in the Life of Romm 								
		Time	Activity	Stress Level	Strategy Used for Stress	Conflict	Strategy Used for Conflict	Notes / Remarks		
Main stressors: Coordinating with unresponsive groupmates and completing long academic tasks. Strategies that worked: Time-blocking (Pomodoro), polite follow-ups, and short gaming breaks balanced work and relaxation. What didn't work: Slight delay due to waiting for groupmate replies — caused short frustration. Insights: It's okay to take short mental breaks to stay productive. Proactive communication early in the day prevents evening stress. Plan for tomorrow: Focus on completing Self-Development interview materials before lunch. Minimize gaming breaks until after 7 PM. Overall feeling: Calm and productive day; good progress with tasks while maintaining personal balance.	2:00 PM	Work on Assignments in Information Management	moderately stressed	Pomodoro method (25/5)	No	-	-	Started Act 1-4		
		Act 1 - 4								
		5:30 PM	Take a rest, Play PUBG	very calm	Short gaming break	No	-	Relaxed		
		6:00 PM	Resume Assignments in Information Management	moderately stressed	Revisit notes, short breathing	No	-	Continue Act 5-6		
		Act 5 - 6								
		7:45 PM	Done in Act 5 - 6 Information Management; submitted all activities	very calm	Gratitude break, celebrate small win	No	-	Tasks complete		
		8:00 PM	Take a rest, Chat with girlfriend	very calm	Healthy conversation, emotional support	No	-	Stress relief moment		
		9:30 PM	Eat Dinner (Pancit Canton w/ Egg)	very calm	Mindful eating	No	-	Cravings satisfied, 50 pesos		
		10:30 PM	Plan, prepare, create a plan and flow of the interview for Self Dev Midterm	moderately stressed	Break task into outline steps	No	-	Interview prep done		
		11:45 PM	Prepare to Bed and Sleep	very calm	5-min meditation & gratitude	No	-	Peaceful end to the day		
Budget Tracker		Sunday, October 19, 2025								
Expense	Savings	10/19/25		Goal of the Day: Balance rest and productivity by spending time with loved ones while preparing for the Self-Development interview practice.						
P30.00	P0.00	<input checked="" type="checkbox"/>	Take a Bath	Time	Activity	Stress Level	Strategy Used for Stress	Conflict	Strategy Used for Conflict	Notes / Remarks
392		<input checked="" type="checkbox"/>	Meditate	7:30 AM	Wake Up	very calm	Deep breathing + slow stretch	No	-	-
P634.00		<input checked="" type="checkbox"/>	Toothbrush	7:45 AM	Prepare Morning	very calm	Light music while organizing	No	-	-
P30.00		<input type="checkbox"/>	Bodyweight Workout	8:00 AM	Start Work	moderately stressed	Write short to-do list first	No	-	Checked pending items
		<input checked="" type="checkbox"/>	Self-Dev Midterm interview invite & GMeet	10:00 AM	Eat Breakfast	very calm	Mindful eating (no phone)	No	-	Pancake and Banana
		<input checked="" type="checkbox"/>	Assist girlfriend at clinic	11:00 AM	Resume Work	moderately stressed	Pomodoro 25/5	No	-	Had Progress in Work
		<input checked="" type="checkbox"/>	Buy snacks and essentials	12:45 PM	Take a Bath	very calm	Relaxing shower + music	No	-	Recharge
		<input checked="" type="checkbox"/>	Coordinate with groupmates in Self Dev Midterm for practice	1:00 PM	Eat Lunch	very calm	Focus on meal time	No	-	With family
Total Expense	Total Savings	<input checked="" type="checkbox"/>	Have Progress in Work	1:30 PM	Go outside	very calm	Enjoy sunlight & walk mindfully	No	-	Mood boost
P1,086.00	P0.00	89%		2:00 PM	Accompany my girlfriend to Dental Clinic	very calm	Patience & positive self-talk	No	-	Supportive time, 30 pesos transpo
Reflection for the day (10/19/25)				3:30 PM	Go to KKV to buy some snacks and stuffs	very calm	Treat yourself moment = reward	No	-	392 pesos
Main stressors: My job/work tasks + thinking and managing my schoolworks and groupmates Strategies that worked: Short breaks, calm communication, and a relaxed outing helped maintain energy and prevent burnout. What didn't work: Slight anxiety while waiting for replies; solved by focusing on other small tasks. Insights: A mix of rest, social connection, and work preparation leads to better emotional balance. Plan for tomorrow: Have progress in work tasks, prepare work meeting, work on tech comm and self dev midterm interview Overall feeling: Balanced and content — Sunday felt productive yet restful.				5:00 PM	Eat Fried Chicken with Fried rice and ice smoothie	very calm	Mindful eating with girlfriend	No	-	634 pesos
				6:00 PM	Go Home and accompany my girlfriend	very calm	Talk and sweetly hold with my girlfriend	No	-	30 pesos
				7:00 PM	Got Home	moderately stressed	Focused 30-min session	No	-	Invitations sent
					Prepare, compose, and send Gmeet and Email Invitation for Interviewee					
				8:00 PM	Eat Dinner	very calm	Screen-free dinner	No	-	Family meal
				8:45 PM	Invite my Groupmates to have meeting and practice for interview self dev midterm	very calm	Be polite and encouraging	No	-	My Groupmates in Self Dev are cooperative and responsive
				10:15 AM	End of practice and meeting	very calm	Express gratitude to team	No	-	Practice successful
				10:20 AM	Resume work (notes & adjustments)	moderately stressed	15-min review then pause	No	-	-
				11:59 PM	Continue Working	moderately stressed	Short reflection and prayer	No	-	-
Budget Tracker		Monday, October 20, 2025								
Expense	Savings	10/20/25		Goal of the Day: Complete Self-Development interview and Tech Comm tasks while managing finances and maintaining focus under pressure						
P750.00	P3,000.00	<input checked="" type="checkbox"/>	Take a Bath	Time	Activity	Stress Level	Strategy Used for Stress	Conflict	Strategy Used for Conflict	Notes / Remarks
P135.00	P5,000.00	<input checked="" type="checkbox"/>	Meditate	12:00 AM	Continue Working	moderately stressed	Pomodoro + music	No	-	Wrapping up some task in work
P2,700.00		<input checked="" type="checkbox"/>	Toothbrush	1:00 AM	Stop Working	very calm	Deep breathing + reflection	No	-	Winding down
		<input checked="" type="checkbox"/>	Walk	1:15 AM	Prepare Bed, wash face, toothbrush	very calm	Night routine	No	-	Hygiene maintained
		<input checked="" type="checkbox"/>	Tech Comm Group Meeting	1:45 AM	Sleep	very calm	Screen off, prayer	No	-	Slept 6 hrs

Romm's Tracker		The 8 Days in the Life of Romm								
Total Expense	Total Savings									
P885.00	P10,700.00	100%	<input checked="" type="checkbox"/> Email invitation to interviewee	8:00 AM	Wake Up	very calm	Morning stretch	No		
			<input checked="" type="checkbox"/> Conduct Self-Dev Midterm Interview	8:30 AM	Prepare Morning, Wash Face, Eat Apple	very calm	Mindful breakfast	No		
			<input checked="" type="checkbox"/> Budget allocations (Wi-Fi, tuition, insurance)	9:00 AM	Prepare Workplace	very calm	Organize desk	No		
			<input checked="" type="checkbox"/> Finalize Tech Comm overview	9:15 AM	Meeting with devs, CTO, Project Manager, QA and support for tasks and projects updates	very calm	Breathing before meeting	No		
				9:30 AM	Resume Working on job tasks	moderately stressed	Focus 45/15 block	No		
Reflection for the day (10/20/25)				11:00 AM	Work on solo for Tech Comm Project Overview Group Writing, our overall output draft	extremely stressed	Prioritize key tasks	No		
Main stressors: Balancing multiple projects, financial management, and groupworks.				2:00 PM	Eat Apple and Boiled Egg	very calm	Quick refuel break	No		
Strategies that worked: Time-blocking, mindful breathing before meetings, and taking outdoor breaks reduced fatigue.				2:15 PM	Prepare, compose and sent email message with attached letter of invitation signed by Ms. She to Interviewee for later interview for midterm exam	moderately stressed	Review twice before sending	No		
What didn't work: Slightly long work hours — need to rest earlier to avoid burnout.				2:30 PM	Meeting with groupmates, rehearse and practice Interview Flow and Structure for Later Interview for Self Dev	moderately stressed	Visualization + note prep	No		
Insights: Managing finances and tasks systematically lessens overall stress; clear structure leads to calm productivity.				3:30 PM	Conduct Group Meeting and Continue Working on Tech Comm Project Overview	moderately stressed	Keep notes & agenda	Yes (minor delays)		
Plan for tomorrow: Get ready to School, Have progress in work				5:00 PM	Take a bath	very calm	Relaxation break	No		
Overall feeling: Accomplished and financially secure — balanced stress with discipline.				6:00 PM	Go Outside, Buy and Eat Ham & Egg Sandwich, Bacon Sandwich, Hotdog Sandwich	very calm	Walk + breathe fresh air, stress eating	No		
				7:00 PM	Continue Working on Tech Comm and polishing Project Overview	moderately stressed	Break task into smaller parts	No		
				7:30 PM	Prepare for Interview Tech Professional for Self Dev Midterm Exam	moderately stressed	Mental rehearsal	No		
				8:15 PM	Starts Interview	moderately stressed	Calm voice + positive affirmations	No		
				9:15 PM	Eat Dinner (Fried Chicken and longganisa)	very calm	Mindful eating	No		
				9:45 PM	Check Salary (13,771)	very calm	Gratitude practice	No		
					Paid WiFi 750 pesos	very calm	Manage finances	No		
					Transfer to Emergency Funds 3000 pesos	very calm	Financial planning	No		
					Transfer to Tuition Funds 5000 pesos	very calm	Responsible budgeting	No		
					Save 2700 payment for Monthly PruLife UK Insurance (Autopay on 23)	very calm	Consistent savings habit	No		
				10:00 PM	Resume Working on job tasks	moderately stressed	Low-volume focus music	No		
				11:59 PM	Continue Working	moderately stressed	meditation	No		
Budget Tracker		Tasks & Habit Tracker								
Expense	Savings	10/21/25								
Goal of the Day: Manage midterm exams efficiently while staying composed through travel, errands, and work responsibilities.										
P20.00	P0.00	<input checked="" type="checkbox"/> Take a Bath	Time	Activity	Stress Level	Strategy Used for Stress	Conflict	Strategy Used for Conflict		
P11.00		<input checked="" type="checkbox"/> Meditate	12:00 AM	Continue Working	moderately stressed	Pomodoro + music	No	-		
P125.00		<input checked="" type="checkbox"/> Toothbrush	2:00 AM	End time work, prepare to sleep	very calm	Mindful journaling	No	-		
P150.00		<input checked="" type="checkbox"/> Walk	2:30 AM	Go to bed and sleep	very calm	No phone before bed	No	-		
P12.00		<input checked="" type="checkbox"/> Get high score for Midterm Exam – Intro to Computing	5:15 AM	Wake Up to prepare to school	moderately stressed	Cold splash + short stretch	No	-		
P119.00		<input checked="" type="checkbox"/> Submit and get feedback from Mx. Elite Tech Comm project overview	5:30 AM	Eat Breakfast (Apple)	very calm	Mindful eating	No	-		
P8.50		<input checked="" type="checkbox"/> Update Self-Dev Tracker Assignment	6:00 AM	Take a Bath	very calm	Quick prep	No	-		
P287.00		<input checked="" type="checkbox"/> Review for Programming Midterm	6:30 AM	Prepare stuffs before going to school	moderately stressed	Checklists	No	-		
P30.00		<input checked="" type="checkbox"/> Work shift / deliverables	7:30 AM	Leave House to Commute to Cubao	moderately stressed	Listen to music	No	-		
Total Expense	Total Savings		8:10 AM	Arrived at Cubao	very calm	Deep breaths and mindful walk	No	-		
P762.50	P0.00	100%		Walk to Jeep Terminal to commute to CIT						
Reflection for the day (10/21/25)			8:20 AM	Arrived to Jeep Terminal	very calm	Mental prep	No	-		
Main stressors: multiple projects + midterms, commuting, and			8:30 AM	Depart of Jeep	very calm	Deep breathing	No	-		
								11 pesos commute		

Romm's Tracker	The 8 Days in the Life of Romm					
limited sleep.						Late arrival but it's okay because we are working on our midterm group project
Strategies that worked: Time-blocking, light exercise, and social bonding reduced tension after exams.	8:55 AM	Arrive to ClIT and Starts first class in Tech Comm	moderately stressed	Stay organized	No	-
What didn't work: Lack of sleep caused slight fatigue during afternoon classes.		Let Mx. Elle check our project overview assignment 3 to see if theres a revision			No	-
Insights: Small wins—like finishing exams early or rewarding myself—greatly boost motivation. Adequate rest is just as vital as productivity.		Mx. Elle said very good, no need revision just conduct interview of students from 10 to 30.			No	-
Plan for tomorrow: Sleep at least 6 hours, prepare for Programming midterm.		Mx. Elle said we need to do the Market Research and interview ASAP			No	-
Overall feeling: Productive and proud; successfully managed multiple responsibilities despite exhaustion.	10:30 AM	End of Class in Tech Comm	very calm	Eat mindfully	No	-
		Went to Canteen to eat, 125 pesos (rice meal)			No	-
	11:00 AM	Went to room 601 for Intro to Computing Class	very calm	Review key topics	No	-
		Take a review for midterm exam	very calm	Deep breathing	No	-
	11:30 AM	Starts Midterm Exam	moderately stressed	Stay Focus	No	44/50 score
	12:15 PM	Ends Midterm Exam in Intro to Computing	very calm	Gratitude	No	-
		Got midterm exam score of 44/50			No	-
	12:30 PM	Went to 7th Floor Gym	very calm	Active stress relief	No	-
		Play Basketball with Classmates			No	-
		Play Volleyball			No	-
	1:15 PM	Prepare for next class accounting for IT	moderately stressed	Hydrate + rest	No	-
		Wipe Sweat, take a break			No	-
	1:30 PM	Went to room 606 for accounting for IT	moderately stressed	Stay Calm and Take Breaths	No	I'm shocked and felt pressure on the fast pace surprise quiz that caused me a mental block on the quiz results to 9/15.
		Have a surprise quiz, 9 / 15			No	
	2:00 PM	Have a discussion in Accounting for IT	moderately stressed	Focused attention	No	-
	3:15 PM	End Class in Accounting for IT	very calm	Reward break	No	-
		Went down to 2nd floor, bought Mussubi 150 Pesos (1 mussubi for this day and 2 mussubi for Thursday)			No	150 pesos for mussubi
	3:20 PM	Go out to ClIT, walk to EDSA Bus Carousel	very calm	Relaxed walking	No	-
	3:35 PM	Arrive to EDSA Bus Carousel	very calm	Listened to Music	No	-
		Commute to Ortigas Station			No	12 pesos
	3:50 PM	Arrive to Ortigas Station	very calm	Mindful Walk	No	-
		Walk from Ortigas Station to Robinson Galleria			No	-
	4:05 PM	Arrive to Robinson Galleria	very calm	Small Rest	No	-
		Take a CR			No	-
		Find Workspace area to do my job	moderately stressed	Stay Calm and be mindful	No	-
		No space in the area			No	-
		Go to food court instead	very calm	Be positive and smile	No	-
	4:20 PM	Arrive to Food court	very calm	Stay Calm	No	-
		Bought Mango Graham Shake 119			No	119 pesos
		Setup laptop and starts working	very calm	Stay Patience	No	Start work prep
	5:00 PM	My laptop got lowbot and there is no plug around	moderately stressed	Stay calm, review notes instead	Yes (resource issue - laptop low battery - can't charge because workspace is full)	Adapt by studying in phone
		I just review for a moment for midterm exam				
		Wait for 6:00 PM to go to my girlfriend				
	6:00 PM	Go to mercury drug and bought water 8.50	very calm	Quick hydration	No	-
		Go outside the mall and walk to my girlfriend work company	very calm	Mindful walk and get excited to meet my girlfriend	No	-
	6:15 PM	Meet with my girlfriend and walk back to Robinson Galleria	very calm	Social connection	No	-
	6:30 PM	Arrive at Robinson Galleria again but now with my girlfriend	very calm	Enjoy moment with girlfriend	No	-
		We walk around, bond and find something to eat			No	-
	7:00 PM	Bought Calamari 169 and meaty rice 118 for us and eat together with girlfriend	very calm	Enjoy conversation and food	No	287 pesos total spend
		After eating, I accompany my girlfriend to go home	very calm	Stay sweet and positive with my girlfriend	No	30 pesos
		After Accompanying my girlfriend, I go home			No	-
	8:40 PM	Arrive Home	very calm	Deep breathing	No	-
		Setup up my workplace	moderately stressed	Light background music	No	Start work
		Starts Working			No	
	9:40 PM	Take a rest, chat with girlfriend	very calm	Leisure time	No	-
	10:00 PM	Review for Midterm exam in Computer Programming	very calm	Pomodoro 25/5	No	Effective session



Felt cute and confident in my OOTD. ❤️

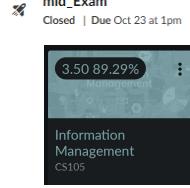


Romm's Tracker		The 8 Days in the Life of Romm								
		11:00 PM	Work on Self Dev Tracker Assignment, layout and enter some data, record and info that not yet enter	moderately stressed	Break tasks into chunks	No	-	Progress logged		
		11:55 PM	Went to Bed. Tired and Need to rest since I only had 2 - 3 hours sleep this day and had a productive days in few days because of work + school works and projects + preparation for midterm exam week	very calm	Gratitude	No	-	Ended productive day		
Budget Tracker		Wednesday, October 22, 2025								
Expense	Savings	10/22/25		Goal of the Day: Finish my midterm exam in Computer Programming and complete my Accounting assignments while maintaining calm and focus through balanced work and rest.						
P20.00	P0.00	<input checked="" type="checkbox"/>	Take a Bath	Time	Activity	Stress Level	Strategy Used for Stress	Conflict	Strategy Used for Conflict	Notes / Remarks
P11.00		<input checked="" type="checkbox"/>	Meditate	5:40 AM	Wake Up to prepare to school	very calm	Deep breathing	No	-	-
P12.00		<input checked="" type="checkbox"/>	Toothbrush		Take a Bath	very calm	Refresh with cold water	No	-	Energized
P12.00		<input checked="" type="checkbox"/>	Walk	6:00 AM	Eat Breakfast (Apple)	very calm	Mindful eating	No	-	Light and healthy
P170.00		<input checked="" type="checkbox"/>	Get High Score - Midterm Exam (Comp Prog 1)	6:30 AM	Prepare before going to school	moderately stressed	Checklist for essentials	No	-	Organized
P12.00		<input checked="" type="checkbox"/>	Dev QA Call for my tasks output	7:15 AM	Go out and Walk where I will wait for jeep	very calm	Light walk	No	-	-
		<input checked="" type="checkbox"/>	Meet and call my project manager	7:30 AM	Jeep ride to Cubao	moderately stressed	Listen to calm playlist	No	-	20 pesos
Total Expense	Total Savings	<input checked="" type="checkbox"/>	Update Self-Dev Tracker	8:15 AM	Arrive to Cubao	very calm	Mindful Walk	No	-	-
P345.00	P0.00	100%			Walk to jeep terminal where I will ride to kamuning	very calm		No	-	-
Reflection for the day (10/22/25)				8:25 AM	Ride at the jeep but won't start driving yet because waiting for passengers	moderately stressed	Patience & slow breathing	No	-	11 pesos
				8:50 AM	Jeepney starts driving	very calm	Look outside, relax eyes	No	-	-
				9:15 AM	Arrive at CLIT	very calm	Focus on breathing before start and relax	No	-	Scored 29/30
					Starts Midterm Exam in Computer Programming 1			No	-	
					I got 29/30, 28 originally but (+1) because one item is bonus			No	-	
					Sir Robert discussed the Midterm Exam results and it's correct answer	very calm	Active listening	No	-	Great result
				10:30 AM	Class Dismiss	very calm	Mindful meal break	No	-	-
					Went to 7th Floor Canteen			No	-	-
					Eat Pesto Pasta + Lemonade, 120			No	-	120 pesos
				11:00 AM	Go out to CLIT	very calm	Walk as recovery	No	-	-
					Walk to EDSA Bus Carousel	very calm		No	-	12 pesos
				11:20 AM	Arrive at Bus Carousel and get a ride	very calm	Deep breathing	No	-	-
				11:40 AM	Arrive at Ortigas Station and walk around in Megamall	very calm	Small leisure walk	No	-	-
				12:00 PM	Get out to MegaMall and Walk to where my girlfriend's working	very calm	Lunch date with my girlfriend	No	-	-
					Meet with my girlfriend and walk to Robinson Galleria			No	-	-
				12:15 PM	Arrive at Robinson Galleria	very calm		No	-	-
					Have a lunch at Robinson Galleria, I bought and eat Sinigang Tuna Belly 170	very calm	Enjoy meal, no phone	No	-	170 pesos
				1:00 PM	Get out to Galleria and Accompany my girlfriend to her company/workplace	very calm	Walk together	No	-	Supportive moment and quality time walk date
				1:15 PM	Walk to terminal where I will commute home	very calm	Listen to music	No	-	-
				1:30 PM	Arrive at Terminal and get a ride	very calm	Sit quietly and stay relax	No	-	12 pesos
				2:00 PM	Arrive Home	very calm	Organize desk	No	-	-
					Prepare my workplace			No	-	-
				2:15 PM	Starts Working	moderately stressed	Focused 45/15 sessions	No	-	Meeting & dev qa call and progress in work
					Had a dev/qa call to demo my output on recent ticket			No	-	
					Had a meeting with my project manager to check and clarify if my output is correct and if needed some enhancements	moderately stressed		No	-	
				4:30 PM	Take a rest and nap	very calm	Power nap	No	-	Recovery
				5:30 PM	Wake up	very calm	Drink water	No	-	Recharged
					Wash my face			No	-	
				5:45 PM	Work on Accounting Assignment	moderately stressed	Background music + Pomodoro	No	-	Productive block
				7:00 PM	Take a break and eat snack donut	very calm	Enjoy snack mindfully	No	-	Recharge
				8:00 PM	Resume Working on Accounting	moderately stressed	Focused block	No	-	Steady work
				10:00 PM	Finished and submit my Accounting Assignments	very calm	Celebrate completion	No	-	Task done
				10:15 PM	Eat Dinner	very calm	Family meal	No	-	-
				11:00 PM	Prepare for Sleep, Prepare Bed	very calm	Wash up, gratitude reflection	No	-	-



Comprog 1: Midterm Examination
Closed | 28/30 pts



Romm's Tracker		The 8 Days in the Life of Romm						
								
		11:15 PM	Meditate, Pray	very calm	Guided breathing	No	-	Peaceful ending
		11:30 PM	Take note my self dev tracker	moderately stressed	Quiet journaling	No	-	-
		11:45 PM	Thinking about my progress and what or need to do, reflect while my eyes close in bed until I get to sleep	very calm	Positive reflection	No	-	Slept peacefully
Budget Tracker		Thursday, October 23, 2025						
Expense	Savings	10/23/25						
P132.00	P0.00	Goal of the Day: Ace the Information Management midterm and maintain balance through mindful preparation, steady focus, and quality time for self and loved ones.						
P75.00		<input checked="" type="checkbox"/> Take a Bath	Time	Activity	Stress Level	Strategy Used for Stress	Conflict	Strategy Used for Conflict
P120.00			7:30 AM	Wake up	very calm	Deep breathing, gratitude	No	-
P490.00				Prepare Morning, Wash Face	very calm	Mindful routine	No	-
P30.00			8:00 AM	Review for Midterm Information Management	moderately stressed	25-min study focus timer	No	-
				Work on Layout in Self Dev Tracker	very calm	Light background music	No	-
			9:00 AM	Toothbrush, Take a Bath	very calm	Quick refresh	No	-
			9:30 AM	Work on Self-Dev Tracker Layout	moderately stressed	Checklists	No	-
Total Expense	Total Savings		10:00 AM	Prepare Things and self for going to school	moderately stressed	Deep breaths, light focus	No	-
P847.00	P0.00	100%		While riding, I'm taking a Review for Information Management Exam	moderately stressed	Stay Focus on review in phone while taking a motor ride	No	-
Reflection for the day (10/23/25)		10:30 AM Arrived at CIIT						
Main stressors: Overwhelmed in school works and pending projects (school + works)		very calm						
Strategies that worked: Studying during commute, Pomodoro review sessions, and social breaks with classmates.		Relax for a minute before class						
What didn't work: Slight tiredness before evening class; solved by light snacks and short rest.		No						
Insights: Productive, balanced day with both academic achievement and personal connection.		-						
Plan for tomorrow: Focus on work/job tasks and maintain same calm, structured energy.		Ready for exam						
Overall feeling: Calm, productive, and grateful for meaningful progress and support.		75 pesos						
		11:00 AM Go to room 602 for Information Management						
Closed Due Oct 23 at 1pm 48/60 pts		moderately stressed						
		Start Midterm Exam, got 48/60						
		12:30 PM Class Dismissed for Information Management						
		very calm						
		Relax, stretch						
		Bought Hotdog Sandwich and Lemonade 75 pesos						
		1:15 PM Go to Canteen						
		very calm						
		Enjoy Food						
		Buy lunch from canteen 120 pesos						
		1:45 PM Rest at Bleachers 7th floor						
		very calm						
		Mindful break						
		Go to half basketball court to shootaround						
		very calm						
		Physical reset						
		Rest again at Bleachers 7th Floor						
		very calm						
		Deep breathing						
		3:55 PM Go to room 402						
		moderately stressed						
		Refocus, hydrate						
		4:15 PM Have a lecture and discussion in Self Dev						
		very calm						
		Stay Focus and attentive						
		1:15 PM End of Class in Self Dev						
		very calm						
		Stretch and prepare to travel						
		Walk to EDSA Bus Carousel to have ride to Ortigas Station						
		very calm						
		Listen to music						
		7:15 PM Arrive at Ortigas Station						
		very calm						
		Walk mindfully						
		No						
		Walk to Robinson Galleria to meet with my girlfriend (she came from her work)						
		7:30 PM Arrive at Robinson Galleria and Meet with my girlfriend						
		very calm						
		Quality time						
		Eat dinner with my girlfriend in KFC, 490 pesos						
		very calm						
		Enjoy food with girlfriend						
		490 pesos						
		Talk and bonding with my girlfriend						
		very calm						
		Enjoy the moment						
		9:00 PM Go to Terminal and have a bus ride to accompany my girlfriend to go home						
		very calm						
		Relax during commute						
		30 pesos						
		10:00 PM Arrive Home						
		very calm						
		Gratitude reflection						
		10:15 AM Prepare for Sleep and prepare bed						
		very calm						
		Hygiene + calm playlist						
		10:30 PM Meditate, Pray						
		very calm						
		Guided reflection						
		10:45 PM Update self dev tracker						
		moderately stressed						
		Quiet journaling						
		No						
		11:00 PM Thinking about my progress and what or need to do, reflect while my eyes close in bed until I get to sleep						
		very calm						
		Gratitude thoughts						
		No						
		Rested peacefully						
Budget Tracker		Friday, October 24, 2025						
Expense	Savings	10/24/25						
P205.00	P0.00	<input checked="" type="checkbox"/> Take a Bath	Time	Activity	Stress Level	Strategy Used for Stress	Conflict	Strategy Used for Conflict

Romm's Tracker		The 8 Days in the Life of Romm							
Total Expense	Total Savings								
		<input checked="" type="checkbox"/> Meditation & tracker journaling <input checked="" type="checkbox"/> Toothbrush <input checked="" type="checkbox"/> Walk <input checked="" type="checkbox"/> Attend daily standup meeting <input checked="" type="checkbox"/> Weekly update report <input checked="" type="checkbox"/> Work tasks progress	7:30 AM	Wake up	very calm	Deep breathing and gratitude	No	-	Peaceful morning start
				Prepare Morning, Wash Face	very calm	Mindful routine	No	-	Ready for the day
			8:00 AM	Prepare Workplace	very calm	Light background music	No	-	
			8:30 AM	Prepare for Daily Standups (Meeting with CTO, Dev, project managers, qa and support)	very calm	Focus in what I will say	No	-	Pre-meeting prep
			9:15 AM	Starts Daily Standups	very calm	2 deep breaths before speaking	No	-	Clear update delivery
			9:35 AM	End of Meeting	very calm	2 deep breaths before speaking	No	-	-
			9:45 AM	Starts Working on my task in work	moderately stressed	Pomodoro + no distractions	No	-	Progressing well
P205.00	P0.00	88%	12:00 PM	Lunch Break, I ate Apple and boiled egg	very calm	Mindful eating	No	-	Light and healthy meal
Reflection for the day (10/24/25)			12:30 PM	Take a bath	very calm	Quick refresh	No	-	Boosted energy
Main stressors: My current tasks in work - creating an enhanced report address page with filter options Strategies that worked: Deep breathing before meetings, focus blocks, and mindful journaling. What didn't work: Slight afternoon fatigue after work — improved by walking outside. Insights: Consistent routines make workdays lighter and more predictable; breaks prevent burnout. Plan for tomorrow: Continue balancing relaxation and productivity; maybe reduce screen time before bed. Overall feeling: Calm, accomplished, and balanced between work, rest, and leisure.			1:00 PM	Resume Work	moderately stressed	Focus timer (45/15 method)	No	-	Steady focus
			4:00 PM	Meeting again for weekly updates	very calm	Prepare talking points	No	-	Reported task progress
				I reported my task progress, and I said that I'm almost done			No	-	
			4:30 PM	Wrap up my work	very calm	Gratitude note	No	-	-
			5:30 PM	End work	very calm	Light walk outside	No	-	-
				Went outside to buy and eat sisigilog and 2 hungarian sandwich (1 for my sister)			No	-	205 pesos
			6:30 PM	Take a rest, I watch Sweet Home Season 2 in netflix	very calm	Leisure & unwind	No	-	Relaxing time
			8:00 PM	Eat Dinner (Chicken Sinigang), brought by my mother	very calm	Enjoy Food while watching as stress relief	No	-	-
				While eating I watch Sweet Home Season 2 in netflix even after eating			No	-	
			10:15 AM	Prepare for Sleep and prepare bed	very calm	Night routine	No	-	Hygiene done
			10:30 PM	Meditate, Pray	very calm	Guided meditation	No	-	Peaceful reflection
			10:45 PM	Update self dev tracker	moderately stressed	Journaling gratitude	No	-	Daily reflection
			11:00 PM	Thinking about my progress and what or need to do, reflect while my eyes close in bed until I get to sleep	very calm	Visualization of goals	No	-	-
Budget Tracker Summary		Tasks & Habit Tracker Progress Visualization	Romm's 8-Day Tracker Summary						
Total Expense (8 days)	Total Savings (8 Days)		Period Covered: October 17 - October 24, 2025 Balancing Work, Academics, and Mindful Living						
P4,507.50	P10,700.00	94%	Highlights by Day				Weekly Reflection Summary		
Highlights of the Week			Date	Focus	Key Event / Milestone	Mood	Main Stressors		
Category	Memorable		Oct 17 (Fri)	Work & school projects	Finished drafts for Self-Dev and Tech Comm	Productive calm	Overlapping school midterms, schoolworks, group coordination delays, and work responsibilities		
Best Day	October 20 (Monday) — Completed interviews, handled multiple tasks, and managed finances responsibly.		Oct 18 (Sat)	Academic focus	Completed all Information Management acts	Balanced day	Occasional fatigue from overwork (school + work), long nights and less sleep		
Most Productive Day	October 22 (Wednesday) — High performance in exams (29/30), submitted Accounting tasks, and finished with reflection.		Oct 19 (Sun)	Rest & relationship	Time with girlfriend, errands, and reflection	Restful balance	Key Stress Management Strategies		
Best Moment	October 23 Dinner with Girlfriend — Reward for hard work, emotional connection, and calm gratitude.		Oct 20 (Mon)	Major productivity & finance	Conducted Self-Dev interview + managed P10.7k savings	Highly productive	Strategy	Application	Effect
Most Stressful Day	October 21 (Tuesday) — Little sleep, midterm exams, and commute fatigue, but I stayed disciplined.		Oct 21 (Tue)	School midterms	Midterm in Intro to Computing (44/50), Tech Comm Project Overview Approved	Tired but proud	Pomodoro Focus Blocks (25/5, 45/15)	Used during coding, school tasks	Increased focus & reduced overwhelm
Best Stress Strategy	Pomodoro + Mindfulness — Used effectively across all days; prevented burnout.		Oct 22 (Wed)	Computer Programming exam success	Scored 29/30, finished Accounting assignments	Calm accomplishment	Deep Breathing	Before meetings/exams/tasks	Calmed anxiety, improved clarity
Financial Highlight	October 20 — Salary management, fund transfers, and savings allocations (P10.700 total).		Oct 23 (Thu)	Info Management exam + bonding	Scored 48/60, KFC dinner with girlfriend	Rewarding balance	Mindful Walking / Short Breaks	During lunch or post-work	Recharged energy naturally
Academic Highlight	High scores across midterms: 44/50 (Intro to Computing), 29/30 (Computer Programming 1), 48/60 (Info Management).		Oct 24 (Fri)	Work performance	Weekly work report & project progress	Calm and reflective	Meditation, Reflection & Gratitude Journaling	Every night	Encouraged self-awareness and positivity
Self-Development Growth	Consistent progress and improved communication with groupmates		This week showed that discipline and calmness can coexist with productivity. Despite the pressure of exams, work deadlines, and coordination challenges, I managed to stay focused and mindful. Through structured planning, self-reflection, and gratitude, I learned that progress doesn't always come from rushing — it comes from steady, intentional action. I ended the week feeling balanced, accomplished, and grateful for both small wins and meaningful connections.						
Overall 8-day Reflection									
			Exported PDF Link: https://drive.google.com/file/d/1DEYm2FV5qNtY0-BniQM0jGy1CIWrdXf/view?usp=drive_link						