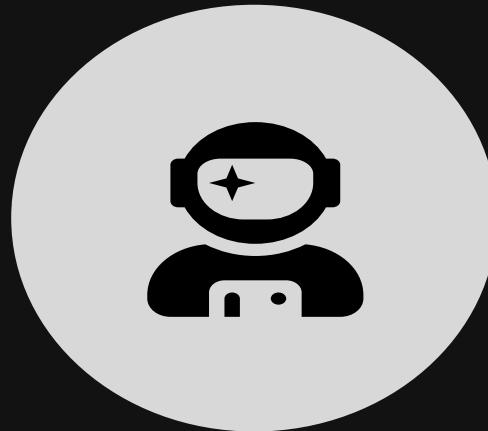




<<<

>>>

Swipe
left to sign up/ right to login



First Name

Last Name

Username



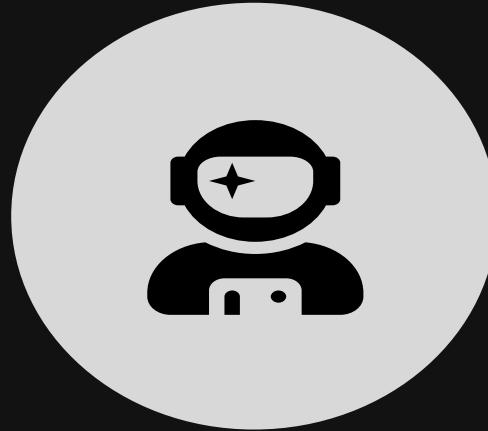
Password



re-enter Password



Swipe
left to sign up/ right to login



Username

 *Password*



Swipe
left to sign up/ right to login



Hi Sthembiso

you are almost done with todays work

My priority Tasks

- find place to book

Daily tasks
8 out of 10 tasks

80%

shared workspace

- find place to book

To do list



find place to book



find place to book



find place to book



find place to book





...

August 2025 ▼

Timeline ▼

Mon
24Mon
24Mon
24Mon
24Mon
24Mon
24

1 Am

Wil present



3 Am

5 Am

cash Quest



workout



6 Am

7 Am

Read daily stoic



...
More

Wil present

In project :



sam love



sam love



sam love

Due Date :

Status :

Doing

Service :

Notes :

Project To do list



Power Point slides



Research gatering



web prototype



app prototype



Settings



John Doe
Software Engineer



+ Profile details



Accessibility



Passwords



Notifications



Dark Mode



About application



Help/FAQ



Deactivate account

All notes



Software Dev

App Name: CashQuest

- Implement savings goals tracker
- Add Firebase Authentication for new users
- UI update → cleaner dashboard with charts
- Debug crash on transaction history page
- Write test cases for budget calculations

Deadline: Friday, 6 Sept

Class Notes (Cybersecurity)

Topic: Types of Attacks

- Phishing → fake emails or sites that trick users into giving personal data
- SQL Injection → attackers manipulate queries to access database info
- DDoS → overwhelm server with traffic to make it unavailable
- Man-in-the-Middle → intercepts communication between two parties

Key Takeaway: Always validate user input, enforce HTTPS, and monitor unusual traffic patterns.

Personal Journal / Reflection

Weekly Meal Prep Plan

Breakfasts:

- Oats with banana, peanut butter, and chia seeds
- Boiled eggs with wholegrain toast
 - Yogurt + granola + berries

Lunches:

- Grilled chicken, quinoa, and roasted vegetables
- Tuna pasta with spinach and olive oil
- Stir-fried beef with rice and broccoli

Snacks:

- Mixed nuts
- Protein bars

- Apple slices with peanut butter

Reminder: Prep meals on Sunday evening, store in containers.

“Woke up at 4:30 AM today, felt good to start early. Managed to finish my Security+ revision before breakfast. At the gym, hit a new PR on bench press (70kg!). Felt accomplished but still need to balance study with rest – been averaging only 5 hours of sleep.

Goal for next week: consistent 7 hours. Also, need to spend more time with family in the evenings instead of always coding.”