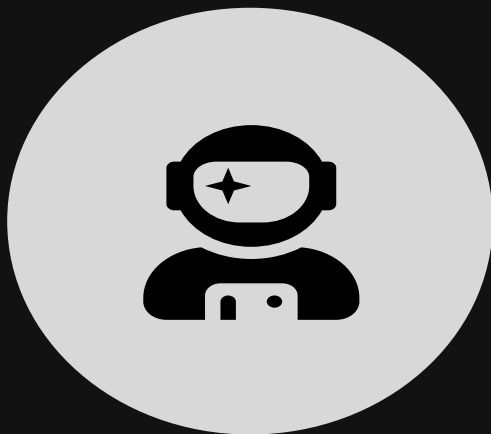




Swipe

left to sign up/ right to login



*First Name*

*Last Name*

*Username*



*Password*

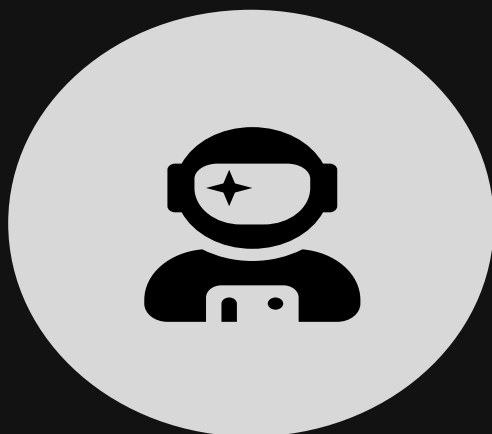


*re-enter Password*



*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
- ☐ find place to book
- ☐ find place to book
- ☐ find place to book

**Daily tasks**  
8 out of 10 tasks



shared workspace

- find place to book
- find place to book
- find place to book
- find place to book
- find place to book
- find place to book
- 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  
24

Mon  
24

Mon  
24

Mon  
24

Mon  
24

Mon  
24

1 Am

Wil present 

3 Am

5 Am

cash Quest 

workout 

6 Am




7 Am

Read daily stoic 



---

# 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.

## 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.

## Personal Journal / Reflection

“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.”