$$a_{0} = \int_{-T/4}^{T/4} z(t) \cdot dt + \int_{-T/4}^{T/4} z(t) \cdot dt$$

$$= \int_{-T/4}^{T/4} \frac{1}{4} \cdot dt + \int_{-T/4}^{T/4} \frac{1}{4} \cdot dt +$$