Day

Record

**Day Negative**

**22nd August 2023**

So, this is it! After an Hour-Long Lecture from Aaman previous Night, pushes from my Dad for the past week who’s been advising me to go to the Gym or do some Physical Work, having disappointed Rauf countless times… This is Fuckin’ it!

“I ain’t Fallin’ for Anything this Time!”

Le me turn the other page… I very much ashamed to meet or face my Boxing Coach after taking such long break… I must explain that man, Why I took such a Break (Most of it was Laziness, but I had other major Reasons too). So, I made my mind… I must get to the Stadium 5am in the morning.

Jus’ went to bed around 12am - 1am… Again, I was watching YT before bed n I had a small thought of postponing the D-Day to next day… My dad, came into my room & said “Jus’ Go to bed, you’d be going to the Boxing at the Morning right…” it was at that moment, I went to Bed.

So, I woke up at 5:28am; the Boxing plan’s cancel… jus’ took my Wudhu n I Prayed Fajr after a long long time… next then I took my Bicycle n Rode it till my college which is 44km (up n down).

Drove to the office… just created my GitHub account; that is, it… went to bed around 11pm - 12am I guess.

**Day Zero**

**23rd August 2023**

WokeUp at 5:15am, finished my Fajr salah n rode my cycle to the stadium it was exactly 6am when I reached… there were lights on n few practicing in the place… I couldn’t see coach’s wheels there, so I was so ashamed face em without explaining thing to coach… I just headed back home… I never dreamt in my life; I would do something like this!

Took a nap, n headed to office, I Just created my first Public Repo in GitHub n we were discusiing on a new Flutter Project.

That is, it for the day… went to bed around 10pm – 11pm I guess.

**Day One**

**24th August 2023**

WokeUp at 4:38am, finished my Fajr salah; Today everything came in place, just took my cycle n reached Stadium exactly 5:29am, guess what! Our place was not Open yet, was hoping I’d see the coach first n explain him everything… time passed… then came Aswin (Senior Schoolmate of mine & a National-Level Boxer) around 5:55am,

Went for a run around the stadium, was walking the most, jumped rope n did some HeavyBag n I heard our Coach is not well, he’s not coming in the morning for past 2-3 days… then I came home n took a nap.

Rode to office n was exploring on the Flutter project we’d be working on… I called dad when I was leaving the office & asked where should I head coz, he advised me to have a grill the previous night, so went the restaurant n had a Half Chicken grill n went to bed around 11pm- 12am.

**Day Two**

**25th August 2023**

WokeUp at 4:34am felt a mild soreness in my biceps, didn’t give much attention to it, took my wudhu n literally after a Year I just made my Tahajjud salah then my Fajr salah.

Rode my cycle to Stadium n reached at 5:47am was waiting till 6am, our place was not open yet… went for a run… I had a urging piss sensation from the start… just took a diversion from stadium roads n I headed to the nearby petrol bunk… I was proud that I gave a continuous run for about 2 kms.

Then spotted a petrol bunk, took a piss n headed to the RaceCourse then came back to the Stadium. It was whopping 4.5km in completion… quite a considerable mark for Day2.

I wonder it’s all God’s Plan… So, I’ve decided I’d not be running in rounds hereafter… Then I jumped rope n PushUps, did some HeavyBag.

Took a nap n went for Jumma Prayer, then headed to office