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 must do Something.

I feel Gym is not something that suits me, I’m into Body Weight Training n Stuff, and I just don’t wanna waste my Physical efforts into nothing, I jus wanna a involve myself in a Sport, Boxing is the Right Fit! Not as a Career as a Hobby or something like that. And also, I want to Get back to the State I was in.

Okay, le me get to the Present… I very much ashamed to 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 35km (up n down).

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

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I feel bit proud that I’m able to achieve such distance in my Physical state, Some more way to Go!

**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 discussing on a new Flutter Project.

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

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Yes, I didn’t have the Courage to face, but literally this ain’t much of a Deal, I don’t really understand why I did this!

**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… When I’m dne with everything, I weighted myself; took a pic then I messaged Rauf;

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

Then posted, Day1.

Came home, brought a Marker n took a nap. Rode to office, was exploring on the Flutter project we’d be working on n updated my Repos.

Finished up my work; called my dad, had a Grill myself in a restaurant.

Came Home; Took a RED sketch n Pen, I just struck out the Quote

“Remember Fitness is Secondary, Coding is Your Top Most Priority”

And made an add-on to the wall, “You ain’t Fallin’ for anything This Time!”

And then to bed, around 11pm- 12am.

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I just feel this is gonna a one of a Pivotal day in my Life.

**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 an 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, updated my Repos n worked on Flutter Dev. Environment; Went to bed around 12am – 1am.

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I think, everything’s God’s Plan. In comparison with yesterday’s run, it felt far better. Jumping jump felt better n everything!

**Day Three**

**26th August 2023**

WokeUp at 5:15am, finished my Fajr salah… I made my mind already that, every Saturday’s gonna be Cycling day. So, I skipped my Boxing class & Rode my cycle to my college then headed to Nanima’s House, took a Nap.

Came to the office, updated my Repos n wasted time on some Remote Cam controlling stuff then went out for dinner, Drove Innova with my siblings late night & slept around 2am-3am.

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In comparison with Day Negative, the Cycling felt easier. And I had been thinking all night about my Social Life; I was contemplating so much that in conclusion, I ain’t going back unless I reach my Peak Form, and then show the peeps, what I had been doin’ all these years.

**Day Four**

**27th August 2023**

WokeUp at 5:35am, finished my Fajr salah… then went for a 4.5km run which was kinda 60:40 Running n Walking then rode my cycle from Nanima’s to Our Flat.

Took a Bath, again Drove my Bike to Nanima’s to drop Salman for a Cricket match, then I took a nap. Picked Salman around 4pm.

Headed to Office, Updated the Repos n nothing much. Headed back Home & slept around 9pm-10pm.

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The cycling session seemed way long; I was biking very slowly. And I’m bit happy that I didn’t make the day as RestDay since it’s Sunday… I really have High hopes for myself!

**Day Five**

**28th August 2023**

WokeUp at 5:20am, finished my Fajr salah… drove my cycle to the stadium, went for a 4.5km run.

And why I came back, guess what! our coach Is back. I explained him things… then I jumped rope n then HeavyBag.

Came back Home, gave myself a HairCut and which looks very good! Took a nap; Drove to office very late… Updated my Repos n worked on the Flutter project. Came home & sleep around 10pm to 11pm.

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I feel, I’ve gained some confidence in myself, both Physically n Mentally.

**Day Six**

**29th August 2023**

WokeUp at 5:35am… finished my Fajr salah, seems like today’s Onam, so I skipped the Boxing class n went for a 4km run, then came home, warmed myself down up in the terrace, then took a bath.

We drove to the nearest beach in Kerala n this was the first time I drove Innova this long… Came back home about 9pm n I went to bed around 10pm-11pm.

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I had quiet an ache in my Calves, I had tough time running; seems like my lower body stretching isn’t that good the previous day. Still proud I did make this as a RestDay.

**Day Seven**

**30th August 2023**

WokeUp at 6:22am… It’s messed up… Finished my Quda’ Fajr farad salah; it’s very late, definitely gotto skip Boxing class… I went for a 4km run; the Calf pain persisted. Came home n warmed myself down up in the terrace; took a nap.

Rode to the Office, updated my Repos… Created a new Flutter project from Scratch called RecBook. Came home, went to bed around 10pm-11pm.

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The pain persisted but, the running session was better than yesterday.

**Day Eight**

**31th August 2023**

WokeUp at 5:35am… Finished my Fajr salah… Rode my cycle to the stadium… went for a 6.5km run, still the Calf pain’s a problem… Walked the most in the session… came back to the stadium I was running Late so, Skipped the rope session n did HeavyBag stuff & wrapped up.

Came Home, took a nap… Drove to office… updated my Repos

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I must fix myself to wake up around 4am, even being among the 5am Club is messing things up! A Complete week’s is done… Yet I weigh the same from start… but I see lots of improvements in my endurance… Endurance is the priority right now, Cutting isn’t.