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.

----------------------------------------------------------------

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.

----------------------------------------------------------------

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.

----------------------------------------------------------------

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

----------------------------------------------------------------

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.

----------------------------------------------------------------

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.

----------------------------------------------------------------

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.

----------------------------------------------------------------

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.

----------------------------------------------------------------

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.

----------------------------------------------------------------

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 I skipped the rope session n did HeavyBag stuff & wrapped up.

Came Home, took a nap… Drove to the office… updated my Repos… Nothing much n got a call from PSG Tech Alumni Association that my project would be awarded as the Best Project this coming Saturday. Came home, went to bed around 11pm-12am.

----------------------------------------------------------------

I must fix myself to waking 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.

**Day Nine**

**01st September 2023**

WokeUp at 4:21am, Finished my Tahajjud & Fajr Salah… As usual all the cats were playing around in the Hall… Drove my cycle to the stadium, went for a 7.5km run & then my rope session n HeavyBag.

Came Home n dropped Sameer at the school as usual… then parked my bike n walked towards the lift… An elderly man from our apartment, called me n asked is this your Cat? The moment I saw, I burst out in tears… Our Three-Month-Old Cat fell from our 4th Floor Balcony, I cried out to my dad… Mom n Sameera was in sleep, I cried last time as such when Mama passed away…

Me n my dad buried the cat in the apartment basement… I was too much Broken… Prayed Salat Al Istikhara, I cried out… An hour or two passed… I took an hour nap… went to Jumma.

Time Passed… Updated my Repos… went to bed around 8pm-9pm.

----------------------------------------------------------------

Why! Why n Why! I do not Understand… some could justify… God’s testing you! I fear I might lose Hope in God & all my beliefs… let God test Us! But WHY on Lives?!?!? The cat was playing around when I was in the Salah… Now it’s Gone! Gone.

**Day Ten**

**02nd September 2023**

WokeUp at 12:15am… I tried sleeping again, but I couldn’t… so, I started setting up Flutter environment in the Acer laptop… then finished my Tahajjud & Fajr Salah…

Went 48km cycling with Kutralee who’s been asking me for weeks… then took a nap… Picked Nithish from the railway station for the Award ceremony & had Lunch at Nanima’s… seemed like we reached college earlier… We were roaming around, and Ajay had some allergic effects from his lunch or so… I took him to the nearest clinic… then came back.

The moment Pragades saw me… he passed a comment ‘I Look So Wide’ n he did not mean like I’m BuildUp or something… then we finished up our ceremony… Then had dinner with the Bois.

Went to Nanima’s, updated my Repo… went to bed around 11pm-12am.

----------------------------------------------------------------

And here an Another Award! Mamani even Commented “Award mela Award uh” All Praise be to God… I feel this would be the One Last Gathering of ma Bois in sometime… and I hope, I do not look the same next Time.

**Day Eleven**

**03rd September 2023**

WokeUp at 5:40am, and finished my Fajr salah… Thought of running to RS Puram from Saravanampatti… but Sun’s Up… so I drove… Came up to the terrace here in our apartment… finished my Rope n PushUp session n Took a nap. Updated my Repos… Worked on the Flutter project… Went to bed around 11pm-12am.

----------------------------------------------------------------

Again, I feel like… there is some Laziness kicking in… I must Kick it out of my Head!

**Day Twelve**

**04th September 2023**

WokeUp at 5:30am, I told ya right! Laziness started kicking in… I snoozed alarm several times, from 4am… slight thought came in, Maybe RestDay?

I jus’ told myself… You ain’t fallin’ for Anything this Time! Got up n finished my Fajr salah… Drove my cycle to stadium… went for a 4km run, Rope session, Shadow n HeavyBag stuff… then came home n took a nap.

Drove to office… updated my repos… Worked on some dart console app… went to bed around 10pm-11pm.

----------------------------------------------------------------

As usual, walking takes the major portion in the running session,

Gotto improve things…

**Day Thirteen**

**05th September 2023**

WokeUp at 5:15am, finished my Fajr salah… Drove my cycle to the stadium… while pedalling my cycle up & down, I had several thoughts goin’ in my mind that… Why don’t ya drop the bag in the apartment n go for a Cycle Ride?

I made my mind n reached the stadium… went for a 5.5km run up in the Gandhipuram Flyover… then the rope session, I packed up…

Took a nap, Pragades woke me up n went for a car drive with him n dropped my Bike for service… again came back, updated my Repos… took a nap… then picked my bike late around 9pm with my dad. And yeah, skipped the office today!

----------------------------------------------------------------

Running was bit bit challenging in the elevation… but I could see some improvements. And still the Calves are aching me!

**Day Fourteen**

**06th September 2023**

WokeUp at 05:40am, again! I literally snoozed several times… Finished my Fajr salah… Still not late, but time’s very messed up… So, I made my mind to go for cycling… went for 28km ride.

Took a nap… still had some fuel filter issue in my bike, so I went to the Garage, fixed it… Drove to office… Updated my Repos… Had a meeting n Reverse Engineered a competitive existing app for our Flutter project.

Came home n went to pick the Cats from one of our relative House… went to bed around 12am-1am.

----------------------------------------------------------------

My mind’s convening me to do the easier stuff… I must stop falling for it!

**Day OneFive**

**07th September 2023**

WokeUp at 11:15am… I remember snoozing the alarm once at 4:20am and 5:40am… Seems like my body really wanted some Rest!

Once I woke up… went up to the terrace to do my skipping session… then drove to the office… started working on a new Mask generating GUI project for Inpaint Images… Then Updated my Repos.

Went to bed around 11pm-12am.

----------------------------------------------------------------

This actually would have been a RestDay… But I said to myself the same thing!

**Day OneSix**

**08th September 2023**

WokeUp at 5:40am… Finished my Fajr salah… Drove my cycle to stadium… went for 4.5km run… few rounds of MildSparring n HeavyBag stuff… then Skipping session.

Took a Nap… went for Jumma Prayer… went to college to get my Diploma Certificate… then drove to Office… RevereseEngineered an app… updated my Repos… went to bed around 10pm-11pm.

----------------------------------------------------------------

Felt better today, kinda more Active than the past 2-3 days jus gotto improve in my Speed n Sparring.

**Day OneSeven**

**09th September 2023**

WokeUp at 6:15am… Again, RestDay thoughts were running through my mind, I beat em… Finished my Quda’ Fajr farad salah… went for a 36km Cycling… Updated my Repos.

Went to Nanima’s at Noon… I had been thinking of taking Nanima n Thatha to my College for months… So, took em to college n Went for a Car Drive to Kotagiri… Got a call from Sanjay stating we’d be having 12th Science Group MeetUp tomorrow… Came back late at night… Then for a Movie… Went to Bed around 3am-4am.

----------------------------------------------------------------

Didn’t have Noon nap… was able to manage all day without sleep, I’ve gotto practise it.

**Day OneEight**

**10th September 2023**

WokeUp at 12:08pm… Kiran ringed me n Woke me up… Then completed my Rope session up in the terrace… Went for the MeetUp, nothing much… Came home n updated my Repos.

Aaman, Kiran n I were roaming in the Brooks… They were talkin’ about their Social Lives n I had nothing to say… Spent some time… Went to bed around 12am-1am.

----------------------------------------------------------------Proud that it wasn’t a RestDay… Even Rauf seemed amazed, I guess… So, I’ve gotto run my Engine in the same Pace.

**Day OneNine**

**11th September 2023**

WokeUp at 05:20am… Finished my Fajr salah… Drove my Cycle to Stadium… went you a 4km run… then few rounds for MildSparring n then Rope Session… headed Home Fast n Earlier… Guess What! Today’s my First day of My College.

Drove my Bike to College, had a Beautifull Ride n I was also running Late… Nothing much, some Basic Calculus n C programming stuff… Finished it up, Drove to Nanima’s n then Office… Updated my repos.

----------------------------------------------------------------Lit-Literally I had a wonderful Run in the morning, the Calves seemed way better, I was able to run about 2km without slowing down! And I hope, again I’d be Productive enough n at least have some level of Social Life.

**Day TwoZero**

**12th September 2023**

WokeUp at 04:50am… Finished my Fajr salah… Drove my cycle to Stadium… went for a 6km run over the FlyOver… then HeavyBag n then Rope session… Running late n rode my cycle in a rush.

Picked a guy from CSBS Dept near PSG Tech on the way to my college… was updated my Repo in the last laboratory class… drove to Office… I noticed I was added to the 2nd Yr Students group, I posted Hii… Like Literally I never had such a response in my Life! Then Updated my Repos. Went to bed around 9pm-10pm.

----------------------------------------------------------------Had a Slight Calf pain while in the run, but I could manage it… and it seems like, I’m gonna have quite some bit of Social Life, Le me Hope for the Best.

**Day TwoOne**

**13th September 2023**

WokeUp at 04:20am… Finish my Tahajjud n Fajr salah… Drove my cycle to the Stadium… went for a 8km run, then few rounds of OpponentShadow n then Rope session. Drove to my College… Had an Orientation kinda Program today, Discussed about a Paper idea to a Professor in my department… And lastly Had Onam Celebration at the College, Felt pretty good for the 3rd day of the College.

Then had some Burgers with my college mates at a spot… And it was too late, so came Home… Updated the Repos… went to bed around 10pm-11pm.

----------------------------------------------------------------Today was the Best Run so far in my Phase, I could see lots n lots of difference in my endurance & I was able to maintain a very good pace… and I’d been dreaming all day about the Heights I’m about to reach with all the Resources n Opportunities in my College!

**Day TwoTwo**

**14th September 2023**

WokeUp at 05:20am… Finished my Fajr salah… Drove my cycle to the stadium… went for a 4.5km Run… then few rounds of HeavyBag stuff & then the Rope session.

As usual picked the collegemate n drove to college… while in the class I noticed a mail that’s a Month Old from NIELIT, seems like my publish paper had been undergone an International Editorial review… they wanted a Revised version of the paper… So I replied em I’d be mailing it within 4 days… and then the usual Math & C Lang classes.

Drove to Nanima’s n took our injured cat to the Clinic… then the office, Updated the Repos, came home n went to bed around 10pm-11pm.

----------------------------------------------------------------

It was quite late today, so made a short run, you know what… The Calves Pain’s Back, not too much but yes… Okay let’s get to my career thing, I was actually not satisfied with the Publish paper version, It Good that now I’ve got the chance to Refine it, add some more ML/DL related contents, gotto manage time properly n get this thing done.

**Day TwoThree**

**14th September 2023**

WokeUp at 05:40am… It’s too late, finished my Fajr salah… went up in the terrace for Rope session n then few rounds of HeavyBag… Drove to college n the usual stuff, updated some of my Repos in my Laboratory class.

Came to Nanima’s n took the cat to the Clinic, came Home & Updated my repos… went to bed around 12am-1am.

----------------------------------------------------------------

The WorkOut session had a bit of Lazy mood in n out, I must be strict, I should skip the BoxingClass only in the Rare n Emergency cases… I felt quite some Pain in my Left Knuckles after the HeavyBag session, gotto improve em.

**Day TwoFour**

**16th September 2023**

WokeUp at 5:40am… Finished my Fajr salah… Went for a 36km cycling, the as usual Saturday college ride… then Busted myself after 27days… Took a nap in Noon.

Pragades woke me around 8:30pm… Spent sometime on Yt n Updated my Repos… Again, went to bed around 2am-3am.

----------------------------------------------------------------

The thighs seemed very much improved while in the ride… Took a Long nap in a long time… The body felt kinda Fresh; Repairing n so on.

**Day TwoFive**

**17th September 2023**

WokeUp at 10:30am… Went up to the terrace for the Rope session… Browsed some datasets for the PaperWork… Went out for Lunch… Came home n worked on some Bike accessories.

Again went out for Dinner… Updated my Repos… Explored & worked on a Dataset… went to bed around 1am-2am.

----------------------------------------------------------------

I could see some improvements… I was able to increment some PushUp counts after quite some days.

**Day TwoSix**

**18th September 2023**

WokeUp at 10:00am… I actually aimed at waking up early, but I snoozed lot of Alarms… Then went up to the Terrace for Rope session, was able to complete it earlier than yesterday… Then few rounds of HeavyBag.

Updated my Repos… Started working on the Dataset… Went out for Lunch… Went to bed around 9pm-10pm.

----------------------------------------------------------------

I could see that my left Knuckles are a bit better now… Still, there’s some space for improvement.

**Day TwoSeven**

**19th September 2023**

WokeUp at 05:20am… Finished my Fajr salah… Drove my cycle to Stadium… Went for 6km run… Then few rounds of HeavyBag n Padding… Updated my Repos, Trained a Model for the PaperWork n Worked on some PaperWork… Took a nap… Browsed quite some Reference papers… Went to bed around 1am-2am.

----------------------------------------------------------------

So, this is the Run after 4 days I guess… Was able to maintain a good breath cycle & 1km per 7mins thing… but the Calf pain’s bit a thing still.

Day TwoEight

20th September 2023

WokeUp at 05:39am… Finished my Fajr salah… Drove my cycle to Stadium… I had a running partner today, went for 4.5km run… few rounds of quite some intense Sparring… then the Rope session… So, It’s the “Again” Reopening of the College, Drove to college… I had few bits of expectations for the day… it turned out to be disappointing… Updated my Repos in the Laboratory…

----------------------------------------------------------------

I was able to run in a continuum, without slowing down for about 3.5km… it’s usually 1 or 2kms… Had a bit intense Sparring Session… There’s lot for improvement…