

8:30-9:35

Since last night I slept at 12 I was very sleepy in the morning. Papa woke me up at 7:15 and showed me how to keep the motor at manual mode at 8 am, then at 8 I put the motor on manual and went back to bed. I woke up at 8:00 am but since my sleep was not completed, I was on bed till 8:30 am,

Then at 8:30 I got a phone call from mumma saying that the aunty who sells fish is coming to sell fish buy 1 kg only and the cost of it is 900rs. Then I woke up brushed my teeth washed my face, meanwhile the aunty who sells fish came home. Then I gave her a vessel and she went in the backyard to clean the fish and I monitored aunty as she was weighing the fish and cleaning it. I plucked 2 lemons from the tree to marinate the fish as I was monitoring her. Usually, she is the one to marinate the fish but that day since she was in a rush to leave, she asked me to give all the ingredients quickly so that she can marinate and leave early but some were missing in the house as I had to grind them, so I told her that I would do it and you can leave, while gathering ingredients to grind for the marination I saw coconut was missing so I marinated the fish with rest of the ingredients like coriander powder, jeera powder, chili powder, turmeric powder (I grinded then freshly and put it in the fish) . I was searching for kanda lasoon masala as papa was cleaning the kitchen last night and kept in some bottle which I couldn't find, finally I found it in a container and added some to the fish, I had already grinded garlic chili ginger paste last night I added that too and put salt and lemon and kept it in the fridge for marination.

After this I wanted to go for a walk to Ganesh Talav garden. It took me 10-15 mins to decide whether I should go or not since it was already 9:20, then I called my friend asking her to accompany me but she refused to come. Then I checked Ganesh Talav Garden timings on google which said that the garden is open from 6:00 am to 11:00 am, hence I decided that I would go for a half an hour jog. I got ready and I was leaving home at 9:30 both patties asked me where am I going and I told that I would return in 30 mins. And cool pattie asked me to dry her blanket in balcony as she couldn't climb the stairs and go up to do the same. I told her that im coming in half an hour and will dry it after coming home.

9:40-10:20 – got ready and went to ganesh talav for walk and come home

While I was leaving home I was thinking if I should take my headphones with me to listen to songs when I will jog, but since I wanted to learn to focus on one thing I avoided taking the headphones with me. I went to the garden by two wheeler.

I reached garden at 9:40. When I reached everyone were leaving, I felt weird since I was like everyone are leaving and I just am just entering the garden. But then I was like lets not care and just go its my health I should take care of. I was thinking if I should keep my phone and jacket in the dickie since my pants had no pockets. But I was scared someone will steal so I kept my phone in my hand and the jacket in dickie and entered inside the garden

This was the first time I went to garden without my headphones. I felt very weird and boring initially because if not songs I atleast have someone besides me who I talk with while walking. So I started with walking to get warmed up. While walking I saw some people enter the garden. That time I was like okay so its not me alone who is this late 😊

While walking I saw the lake it was very dirty and it was getting cleaned by the people who work in that garden. I saw ducks, they were eating something that was on the paper.

During my first round i started by walking and in my regular spot I started to jog and after that in my second round I did the same but I was a bit tired in the second one. I was thinking of making 5 rounds but I completed only 3 since it got boring with no music. Hence decided to take my headphones from next time

I completed my walk and came home. As soon as I came home first I took CP's blanket to balcony to dry it. Then had some water. Sat for a minute and I was deciding which workout I'll do today.

10:20 – 12:00

Since I was restarting after a long time I wanted to do something basics with no equipment. I started searching for workouts on YouTube using iPad.

I mostly searched home workout for arms back and shoulder with no dumbbells, that gave me a search results of Pilates for arm workout and abs.

Before that I started my workout I did a small session of warm up by doing jumping jacks, short jumps, and 15 mins stairs climbing and then I drank some water. I then did stretching for 10 mins neck and shoulder stretching.

I did it again by following a yotube video, it was a very good and effective one. The workout included neck and shoulder yoga exercises. I followed that and did it because I wanted to do upper body workout today and did not want any pain the next day.

I found a 15 min abs Pilates.

It was very tough, my abs were painning while doing simple workout like bicycle crunches, first when I used to do consistently, I could easily do 25 in a set and do 3 sets very easily but today it was going very hard and that's when I decided to do workout every day without fail. I started sweating immediately and I decided to do that every day since it was affecting and the person on the video was guiding very well so I could feel my each and every spot while I did the workout.

I struggled but I completed my abs workout. Since I could feel the pain I thought abs were enough for the day.

Abs workout felt like another warm up session ☺ . then I searched some videos on how I can train upper body with bodyweight workouts. Tried pushups but couldn't do.

Hence just did half pushups and then did forearm pushups using bed. Then for the arm fat and back I saw a video and followed those workouts which was of 15 mins

Then I saw cake in mumma papa's room and has a bite of it. Drank water. Cooled myself.

Had boiled eggs and Greek yoghurt for breakfast.

I brought Greek yoghurt from zepto. The delivery was on time the Greek yoghurt costed me 34 rs brought 2 of them both weighted 20gm in total. So I had a high protein breakfast in the morning. I wanted to add some vitamins and fibers by adding fruits and veggies, so I had a banana and I wanted to eat methi sabji but since it was made in a low quantity it was over. As cool pattie ate all of them I did not mind because anyways it was less in quantity.

After eating I took a shower for 20-25 mins in warm water.

12:00-3:00

Since I did not have methi ka sabji I wanted to have some vegetable to include that in my diet, I decided to get some veggies. Greek yoghurt was just 34 rs and 2 of them were coming out to be 68 rs and orders above 99 have delivery charges , so anyways I had to buy something else to not give delivery charges. So I added palak in the cart still the total was 84rs so I added mushorrom and bread in my cart and decided to make mushroom spinach chicken sandwich. Usually I add amul cream to make that as the sauce but since that will increase my calories I decided to make a sauce of Greek yogurt. So imade an order which was total of rs 191 and waited for it. It took 15 mins for the delivery person to arrive I made the payment and brought the things and came inside.

I had to buy chicken. Since online I cannot believe in the quality. So I washed palak with water 3 times. The palak was already clean so I just had to wash them. And I washed mushroom that was time consuming as it was muddy so I had to wash each and evry mushroom separately. I washed the palak and mushroom kept them in vessles and went to buy chicken.

I went to bhondve corner to buy chicken. So I went by two wheeler. I wore a jacket and a stole since I din wanted to get dirty. It took me 10 minutes to reach as there was traffic in between. It was cause by the truck. And I arrived to the shop. The shop was crowded. When I went in the owner was already cutting a chicken so I had to wait. And when he was done I asked him the price for bonesless chicken he said 300rs kg then I calculated if I buy 250 grm how much would it cost me since I had only 100 rs with me and it came around 75rs so I asked him to give me 250 gms . then she started chopping a fresh chicken and he got the boneless breast it weighed 25gms more. So he asked me if I was okay with that then I asked him fir kitna hoga he said 85 rs hoga. I couldn't do the maths fast and I was like okay because I wanted to buy chicken within 100rs. So he gave me 275gms of chicken. on my way home I started doing calculations that if 1000gm is 300 then 1gm would be how much. I got to know that 1gm would be 0.3rs therefore 10 grm is 3rs and 20gms 6 rs and 25gms would be 7.5rs but I gave 3rs more so I should be careful next time. That whatever gms it will be it will be multiplied by 0.3rs.

While thinking all this I came home. When I do cook both patties are always excited. Usually, cool pattie sleeps. She used to watch serial every afternoon. But since a long time, she has stopped doing that. She either sleeps or sits in her room balcony and watches racoons and the birds. Sometimes she even shows it to me. And tells me how they play and run around here and there. So usually now a days she doesn't watch tv she comes only sometimes. She watches only when we are there. Like when I come down to eat breakfast that time sometimes, she will come out and watch or when I am watching tv she will come and sit on the sofa and look at me with expecting eyes to change the channel so that she can watch suntv. But when I don't watch or come downstairs, she also doesn't come and watch tv.

Today since I was cooking, she was all excited I was in front of the tv and watching it. While hot pattie was continuously coming and asking what I was making. I got so angry in between that I told her I am making fish 😊 but then she was like why have u kept veggies and why is there chicken. and then I started laughing and was like when you know I am cooking something why are you disturbing me wait for me once it's done, I'll call you to eat. So, both were cutely sitting in front of the tv and waiting for me to finish what I was making.

I started with chopping mushrooms. I heated the pan with butter and added mushroom and salt and then I was chopping spinach and added them while the mushroom was half cooked. I cooked them both left water and it too time to dry off. And then once all the water was evaporated, I added some Italian seasoning and fried it. And then I shut the flame and cooled it.

While the spinach and mushroom water was evaporating, I cleaned that chicken and added water and lemon and soaked the chicken. when the mushroom and spinach was ready, I then marinated the chicken with salt ginger garlic paste chili paste and waited for 15 mins.

When the chicken got marinated, I put it for boiling in the same pan and I came up and was arranging my room. So these are the clothes which get always passed from mumma room and my room since they are big for me I can't use it and I have not space to keep it in my cupboard and mumma wants to wear them but she has no space in her cupboard so when she arranges her cupboard she takes them and keeps them on my bed and when I arrange I take them and keep in her room. Nut now I wanted to keep it somewhere where this doesn't happen again and again. So, I folded them and kept in hot patties rooms wooden cupboard where it can be used only when required and in the cupboards which are in my and mummas room there only everyday clothes are kept.

Then I have made a rosemary water. Basically, I made this 2 days back wait rosemary fenugreek seed hibiscus and its leaves mint leaves and cloves and added hot water and kept it for 24 hrs. and I use this water everyday only my hair. When the chicken was boiling, I was partitioning my hair and applying this water it takes a good 15-20 mins for this process as the scalp needs to be massaged also.

Then the chicken was boiled. And I shredded them in the pan itself. I cooled it down. And toasted some bread with butter. And gave one to cool pattie and one to hot pattie I did not add Greek yoghurt for them since its winter and they can catch cold and if they catch cold it's difficult for us to take care. So, I gave bread and spinach mushroom chicken mixture. They couldn't tell its spinach and were like what's this black stuff.

Then I made one for me and when I tasted I understood the salt was much because of the Italian seasoning. The Italian seasoning also has salt. So, there was a normal amount of salt and because of this Italian seasoning the salt was much. So, it got bitter. It was balanced for me due to Greek yoghurt but was too much for patties

Then I drank water and has one banana, and my meal was balanced. After that I came up to my room

3:00 – 5:00

After eating I came up and was wondering what to do, then I was like let's read something I went inside the storeroom and randomly picked a book. I thought let's start with some fiction book so that I can at least be consistent.

I entered the storeroom and started searching for a book. Upon searching I got a book which was titled out of the storm by Grace Livingston. I saw the back of the book which gave the gist of the book. It said that this story is about a girl is looking for job and got a job in the ship and the ship sank and there is a man who saves her, and they reach an island.

I first thought is it titanic 😊 but then in titanic the whole story is about drowning so I was like no I don't think its titanic. Then I took the book out and read the first page which was again the gist of the book. Here but it said the story from the boy's point of view. Which was, that he saw a beautiful girl who helped a woman but there was no one helping her. He got into the boat, but he saw her drowning, so he jumped and went to save her.

Obviously not a fan of romantic stuff. But wanted to see where this goes.

The story started with the girl was sleeping and suddenly there is a huge noise and, she could feel going down. So, she woke up immediately and asked her to colloque what happened and he said that he would go and check.

And she hurriedly was getting ready to go out. This was the only thing I could understand from reading 6 pages. That moment I realized that in a story the main point in a page is just a line, but they have used so many words to describe it.

After reading 6 pages I was tired, and didn't find quite an interest since the book was not my type. But still since I started, I at least wanted to go on and not give up in between.

I then took a break and saw my WhatsApp for some time. I uninstalled Instagram YouTube and suddenly realized I had nothing in my phone to see anymore 😊

After checking WhatsApp I was going back to the book, but my stomach started to pain. After checking I got to know my periods started. The pain was not that severe since it was my first day. Then I changed and drank water and went back to read the book



When I again started reading the book I started from page seven which said that the girl was getting ready to go out and she found her boss and she was a very bad and mean woman. So that 3-4 pages were so funny since it described how mean and cunning and dumb her boss was but still, she had to listen to her since everyone was taking care of themselves in that part but she was the only person helping her but the boss was least thankful and was murmuring about her and talking about firing her

So that part was very funny, but I could see that she was a selfless person as compared to others. Practically all this was also explained in 5-6 pages. And I was like wow to understand the main point there are so many words and I also realized that my English is weak since I only knew few words.

While reading I had to almost google so many words. one word that I liked and learnt was frantic this means to be excited or scared. There were so many words that I did not know. Then what I did was mumma had once told me just read and you will understand the word based on the sentence. I tried that method and ended up understanding nothing. That very moment I understood the importance of understanding the meaning of the words

So while reading only 10 pages I had to google so many words and this was so tiring and time consuming. Still I managed to do and read the story. Till this I felt the story quite fine and I am interested to read further.

Reading makes me tired (and I am so sure of this since still date I am the same I don't know when reading wont make me tired lol😊 ). Then I lied on bed for some time since it was my first day also. After 20 minutes rest I heard mumma call me and I opened the door for her. She was late today and I asked her why she is late and she said he had work to do and then she came upstairs and slept.

She asked me keep all the vessels for washing and asked me to take care of things since she had cold and then she went to sleep. Meanwhile I did everything came upstairs lied for 10 minutes and then Sushila aunty came home and did work .

5:00-6:00

After Sushila aunty left mumma said she forgot her phone in the office and asked me to get. I said I would go after sometimes. Then papa came home. He said he was hungry and asked me to make egg for him. I said I have made sandwiches ill prepare that for you.

Then while I was preparing sandwich for him he said add egg in this. I said no because this is not how I make. Then he made a puppy face. So I felt bad and then made an omelet and added that to his sandwich.

He was happy and ate happily but 1 was not sufficient for hm so he had only bread with tea after that serving.

Then mumma came down and she also said put egg for me. I added egg in her sandwich and prepared her sandwich. She asked me to prepare tea but I don't like to make tea so I said ill not make tea.

Then both of them ate the sandwich and munmma asked me to get her phone

Initially I was going to walk and get her phone but then she asked me to go buy chilies also and since it was my first day I was not ready to have a long walk and went my 2 wheeler

I aksed papa to give me cash since I did not have balance in my phone, then mumma scolded me and said tell papa to do it. And I said its okay do it tomorrow.

Papa initially gave me only 200rs and I said it will cost more if I don't have sufficient money im not going again to the shop and getting. Then he gave me another 200 rs

Then I left to buy chilies and take phone from mumma office

7:00-8:00

I first went to grahak bazar to get chilies, so I had initially bought 3 types of chilli but that shop did not have the the other 2 which is bore and pandi chili. So I had to go buy the rest of the 2 chilies.

First I went to grahak bazar the person showed me the chili but it was open and very dirty. They did not have packet one . I then called mumma and asked what to do. She told me not to buy and go to the other shop called uttam.

I then went to uttam. It was near grahak bazar. Even they had in lose but they did not have pandi chili. I then called mumma and asked what to do. She told me buy because in uttam the chilies are fresh. Upon checking I found uttam chili fresh as compared to grahak bazar. There 50gm was 50rs so I asked mumma how much she needed and she said 100gm. Then I asked the shopkeeper to give me 100gm chili and that costed me 100rs.

In the side row I saw bobbies and bought 2 packets. Total 160rs was the cost. And then I came home. Then I went upstairs and I was eating bobbies with mumma papa. And papa was like this girl also spends the whole money that I give her. And I was like no the remaining amount I have with me is 240rs . then mumma was happy.

While we were eating we were watching a serial on ipad and I asked mumma the story and we were just randomly taling about the serial. And mumma was telling me about the previous episodes and all the funny scenes.

After eating I asked mumma what should we make for dinner mumma said there is yesterdays dal rice lets heat that and just fry fish and that's it

Then I went downstairs to prepare dinner

8:00-9:00

I fried fish. Since the fish was well marinated the fish cooked soon.

And heated the dal rice by steaming method. That is I kept a bowl and in that added water and kept the bowl which had rice in it and heated it for 20 mins

Then hot pattie came and took and wait as she is not very much of the patient kind

Then mumma came and served for everyone since I was frying fish.

I fried all the fish.

9:00-10:00

After frying fish I ate fish and rice with pickle

The combination was good

While eating I was watching tv with mumma papa.

There was a serial going on I watched that

Then I drank water

And came up brushed my teeth washed my face

Did skin care ie applied almond oil and vitamin c oil and massaged my face

Then I combed my hair and applied minoxidil on my hair and pleated my hair and sat on the chair to read bible and pray.

10:00- 11:00

Then I prayed for 15 mins

And then started reading bible

I read the old testament and the new testament

In the old testament I am reading exodus I read exodus 21 and it was all about the rules for slaves. That how a slave should be bought and everything and I didn't quite like or understand so I jumped to the new testament

There abruptly opened a page in mark and there it was about fasting and the same verse is there in matthew so I was comparing. In matthew the words are little tough to understand and given in short passage. But in mark its elaborated. Basically it had the same thing but different words.

Then I came back to matthew and read about john the baptize death and started wondering why did he have such a bad embarrassing painful death while he was doing what God asked him to do. Why did God not save him like he saved Daniel in the fire. Then here also the glory of god would have been seen. Why did Jesus not come to save. Even Samsung who was a bad person God saved him from embrassament as it is stated that he killed more enimes than when he was alive. So why did this happen to john the baptize who was Gods person.

Then I read about what defiles a person and I liked that passage. In that it said the something from out that goes in your mouth doesn't defiles you what defiles you is what comes out of your mouth. So be careful when you speak.

I read many but these are the things I focused on

And then I went to sleep