

Notes

Most of my digital use during the day is through the apple wallet one card. This allows me to access the gym to practice, my dorm, and classes.

I find myself using the timer app quite a lot to time different parts of my workouts, quick naps, or to know when my laundry is done washing

Another part of my digital use is during class Wether it's for taking notes from presentations or doing in class assignments

Of course I also use social media to socialize with friends but also follow so sports news and have a quick laugh from reals.

Finally, I make sure to keep an eye on the beach conditions as I enjoy the possibility of paddling out for a surf.

Also during the week I had to buy some new basketball shoes which were purchased on stock x