Day4 - Feb 9th 2024

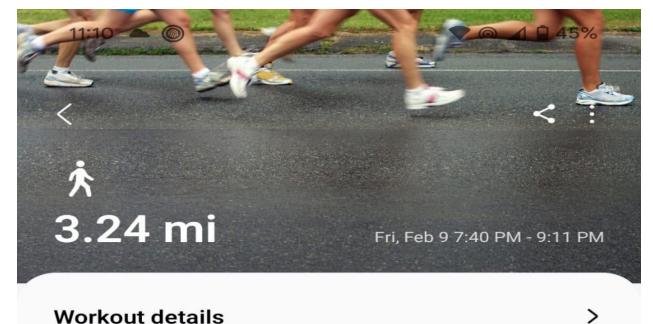
1. Started my day with luke warm water bath

2. Had breakfast and then headed to library @8:15 am



- 3. Solved 2 Medium questions on hackerrank
- 4. Not very productive day as my laptop is dying

5. Walked for an hour to stay physically fit



Workout details

Avg. speed

Workout duration

3.3 mph

00:58:58

Workout calories

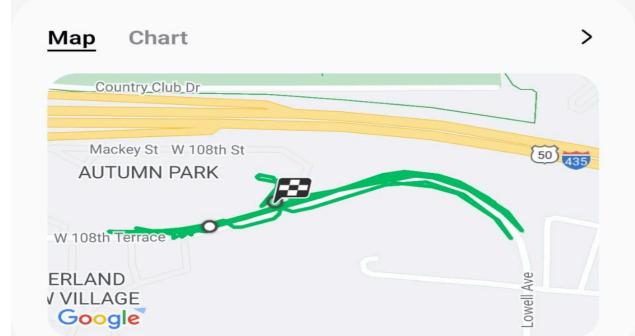
Avg. heart rate

384 Cal

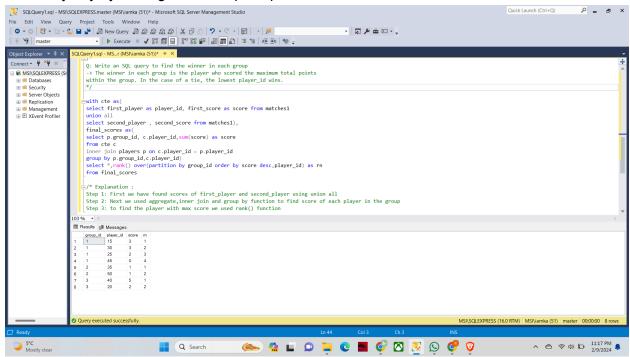
111 bpm

Elevation gain

Steps 6,260 83 ft



6. Ended my day by solving SQL Complex question from ankit bansal's channel



- 7. Always remember something is better than nothing.
- 8. Good Night and happy weekend.