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To: Godfrey, Kory
Subject: 11/16/19 Updates
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Fitness project "Deep Learning"

- **Heart**- My emotions are way better. I have more hope and am pretty excited.
- **Mind**- So one thing that has beset me, as far as my eating goes, is "binging" on unhealthy foods when I go home occasionally. This has been bad for my "wellness". But with my counting calories, It has been checked – to a degree. I went down this past weekend and by counting calories, It helped restrict it. My wellness has gone up.
- **Physical body**- I have been counting calories for like 20 days in a row now. It has been great! This upcoming week, I have a goal to eat less than or equal to 2,000 cal Monday – Friday.
- **Immortal soul-** learning what my body likes and dislikes, what it can and can't handle, is beneficial to my whole. I imagine this process is analogous to learning more and more about the gospel.

Family History + other

- **I Learn gospel insights into success and project management-** One thing that I like that you said once, that Christ was the perfect project manager. He created the Earth, for example. I know that as I grow closer to him, my capacity for project management will likely increase. Pretty cool!
- **I Engage the stakeholders-** I asked my wife how she thought my project would benefit our future kids, and she said something like "It would help them better be able to appreciate her ancestors.
- **I make a successful Family history binder –** I did some neat things looking into George Q. Cannon! He isn't my direct ancestor, but his sister was. Pretty neat. I think he is such a good example, how he went to jail over his religious beliefs. I hope I would be as strong as him.