Today 15.08.2024 03.34am

AWS global infrastructure

* Regions
* Availability zones
* Data centers
* Pops cloudfront ?? dk

Multiple aws accounts using containers in firefox

Aws cli using cmd prompt

Iam policies basics, Iam identity, Iam access

Mfa, Access key, security access key

50 mins swimming 25 rounds

6 breaststroke, 5 freestyle ,3 pad ,5 backstroke, 2 breaststroke, 4 freestyle

Chicken salad, Almond biscuits, Almonds, Coconut dried

Weight : 73

Bmi :27.5

Slight leg pain while swimming

Little bit hungry and bloated at times

Morning goodbug cleanse, night acv

Lots of water

Keto trace <5

280 : salad bill

Aws:93

11,000 : account balance

Sunjol went home, his flight is at 8 but was delayed late until 9.30 or something, I do miss him. He messaged me that he reached at 2.14 and ate. Today morning I dropped him off, made late by searching boxes, keys in the kitchen. I cooked prawns and gave it to lakshay and sunjol.

Didn’t have sex

Watched shamaran , like the heroine… time waste.

Want to buy eyedrops and reduce screen watching and increased weight from 71 to 73 , cannot gain weight.

Came 1 year back to Hyderabad

Met azar during the times of rakhi