

# 2024 August Template beta 1 - 2024 August 1<sup>st</sup>

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#### Words total (see: end of day)

// This section is hardly ever filled out

// I intend to have links to different journal entries on the “today” “yesterday” and “tomorrow” slots that help jump from 1 document to another.

| [Ebook mode \(default\)](#) | [Webpage mode \(coming soon\)](#) |

An important decision is in progress, for now, the compromise is to split the journaling into 2 styles: ebook mode and webpage mode. Webpage mode is currently coming soon.

### Flag history:

UKRAINE (UK) – 2022 May 4<sup>th</sup> - Present

Other/none

**Flag history** was added in the **2022 June 1<sup>st</sup>** template. The **Ukrainian flag** in the document title isn't going anywhere anytime soon (even after the war ends, it will still be there for a while) PDF versions will not display these Emojis due to limitations with the PDF format

### **Today (lead)**

#### **For first usage of the month**

Today is 2024, Thursday, August 1<sup>st</sup>. Yesterday was 2024, Wednesday, July 31<sup>st</sup>. Tomorrow is 2024, Friday, August 2<sup>nd</sup>.

#### **For the rest of the month**

Today is 2024, DoW, August X. Yesterday was 2024, DoW, August X. Tomorrow is 2024, DoW, August X.

**Morning : <subject>**

I woke up at xx:xx am to

Afternoon : <subject>

Evening : <subject>

**For first usage of the month**

I worked on my journaling from yesterday (2024, Wednesday, July 31<sup>st</sup>) from pm up until pm. Next I copy and pasted it into the 2024 July compilation document. The monthly document is now complete. Here are the stats for June:

*Insert image here*

And here are the properties:

*Insert image here*

**For the rest of the month**

I worked on my journaling from yesterday (2024, DOW, August x) from pm up until pm, then I copy and pasted it into the 2024, August compilation document. Next I wrote about my day from today (2024, DoW, August x) from pm up until pm while I listened to

Nighttime : <subject>

Mid nighttime : <subject> <optional>

Woke up at

Out of bed

Pills am

Finalizations

Playlists 1-3 exported pm

VLC Media Player end of day screenshots

Laptop shut down % battery am

Late nighttime : <subject> <optional>

Very late nighttime: <subject> <optional>

I eventually fell asleep at | a/pm. Please note the time I fell asleep is an estimate based on past patterns and how tired I feel at the last note update of the night. I had a [rating] day with my journaling today, getting over 1,045 words, and over 06,345 characters. The size of the journal may be a lot larger than reported, due to overnight notes, and in-document note copies. This will raise the document size by 500 words to 8000 words (the notes should be prioritized to be cut if they are more than double the amount of notes than the document itself) There are 04 pages in today's document according to LibreOffice writer. Note that "how good" of a day I had with my journaling depends on the word and character counts. Other document qualities rely on different measurements

Ratings of journaling quantity:

Less than 2000 – below average

2000-2500 – OK

2501-3000 – decent

3001-3500 – good

3501-4000 – very good  
4000+ – Extremely good

Note reference and outro start below here:

***Overnight notes (phone) – last night (for reference)***

Insert here/None available

***Morning notes (laptop)***

Insert here/None available

***Morning notes (phone)***

Insert here/None available

***Afternoon notes (laptop)***

Insert here/None available

***Afternoon notes (phone)***

Insert here/None available

***Evening/Mid-day notes (laptop)***

Insert here/None available

***Evening/Mid-day notes (phone)***

Insert here/None available

***Overnight notes (laptop)***

Insert here/None available

***Overnight notes (phone)***

Insert here/None available

| Revision note 2022 February 24<sup>th</sup>: I was going to remove the once per month used template sections, but decided to keep them. |

***End of day (outro)***

**Outro removed on October 1<sup>st</sup> 2020, no longer necessary, as I have my journaling more under control**

**(PLEASE READ OUTRO TO LEARN IMPORTANT INFO ABOUT TODAY'S DOCUMENT)**

**Outro is obsolete. Some references may remain, but you should always read previous documents first. Don't take content out of context.**

**Also, make sure to read overnight and daytime notes as well for more context, along with associated dates of new image, video, and other media data, such as screenshots, reddit, camera, and more. This journal is a very advanced structure, but strives for accuracy.**

Daily journaling started on September 27<sup>th</sup> 2016, entries before then are backed up with date data, and don't cover everything yet, I am still working on archiving older data (see: NewtonPad project | Note: not using an actual NewtonPad or an emulated one)

Images aren't spammed in journaling since the December 28<sup>th</sup> 2018 document, as it became excessive. This was the worst issue in December of 2018.

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This journal is a complex structure. Make sure to read all documents, notes, and search for mentioned files to get the full context.

Outro updates are made at the beginning of each month, so check for updates on the 1<sup>st</sup>, then you don't have to read it again for the rest of the month, it will just be there (January 2020 and above) the external outro has been abandoned as of February 18<sup>th</sup> 2019.

Plot holes are very rare. If any come up, I will fill them, as I hate clusters of holes (trypophobia) As of 2020, I no longer fully document everything directly in the journal. I link to sources within the resources of the journaling package. When instructed, visit the sources for more info. This is done to save time and reduce document size (before this, documents were on average 20+ pages with over 30 megabytes in size each. The average is now 11-18 pages with less than 2 megabytes.

Template version: 2024.08.01@13:33:29PM-PST

**End of today's document**