

Zeeshan Badr (from 16/9/18)

This is where the address goes but you should know it (you live here...hopefully)

You should know your phone number and email



(16/9/18)

Future Zeeshan (and maybe Professor Michael Tacorda)

Again, you live here you should know (and to Professor Tacorda you can Probably figure out what my address is)

Dear Future Zeeshan (and maybe Professor Michael Tacorda),

Let's cut to the chase this is a message from past me to you, future me (and/or Professor Tacorda) but definitely to someone in the future. As of now I have three goals I want to achieve by November to January 2018/2019 respectably. These include one personal goal, one professional goal, and one academic goal. Let's start with my (our) personal goal. By November 30th I want you to drop your average running speed for a 10 km run from 8 minutes/km to below 7 minutes/km (preferably 6.5 minutes/km). Now you know the what, here the why. As of right now I can consistently manage 8 minute/km for a 10 km run and on my best day I hit 7.25 minutes/km I want to do even better for two main reasons: one, to increase our overall stamina by doing a lot of cardio (and increase our heart functionality). And two, to bring us closer to the average pace for an adult male and hope someday after finishing this goal the next can be to drop to the average pace which is about 5.22 minutes/kilometer. I plan to do this by working out a minimum of once a week and going on a 10 km run every Saturday, recording my time to track my progress my sub-goal will be to drop my time by at least 0.125 minutes/km every Saturday. I will also be using apps like runtastic for monitoring and feedback on my progress. Now my (again it should be our) professional goal. By December, I want to have finished my CMS project for context a Content Management System (CMS) is similar to products and services like Blogger and Square Space used to help build websites and well manage content on said site. My goal is to build/code my own from scratch for a couple of reasons. Firstly, to increase our skill and to have a project I can put on display to show off my skill to future employers. Secondly, to use it as a business/product depending on how good the CMS is I could license it out to other looks for a cheap simple way to make/manage a website, I already have talked to someone from my high-school looking for such a product so why not build one for him. I plan to do this by allocating more time to the development of this project and my moving to a new editor (I currently use sublime) which hopefully makes I workflow more efficient. I plan to track my progress with one sub-goal per month: starting with a system to create new web pages and edit existing ones, then move on to a user-login system that implements a permissions system so certain users have access to certain thing, then moving to a newsletter/emailer system to allow user to get updates for the site also making an option that each can be automated to deliver i.e. the newsletter out automatically every Tuesday at 1:00 etc. Finally, our (at this point you're going to have to do these things so I'm going to call it our) academic goal is pretty simple but probably the hardest is to setup a system/routine that allows for 2 hours of studying per class per week that



also gives me Friday and Saturday to hang-out with friends and mostly just to have a social life. I want this for one main reason: that begin to allow me to have an escape from school work and to not lose myself in school work. I plan to achieve this by using one of two calendars, either a physical agenda or a digital one like google calendar to sort and manage my time. And the sub-goals I must make sure I do the steps required to achieve this is to track and make sure I give myself the time throughout the week to achieve a social weekend.

P.S.

Hey future me check out this page I made for you, it's not our best work I know, but hey I was striped for time. Maybe that should be another goal of ours the403.ml/mtm

Sincerely,

Zeeshan Badr (from 16/9/18)