15 – interview

16 – cretae API

17- di example

# Luty

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| 13 | 14 Muscu  podziebiony | 15 trompette | 16 Kibele stand-up | 17 Silka ? | 18 Bellini ? | 19 Wyciagnac 100 |
| 20 IT: PATCH | 21 muscu | 22 trompette | 23 painting | 24 Muscu | 25 Trompette  muscu | 26 Painting |
| 27 | 28 |  |  |  |  |  |

# Tydzien 8

## Step by step:

## wnioski

chce gotowe rozwiazania nie analizuje, nie chce przyzwoic, zrozumien, znalezc patch

nie odpowiadam na pytania techniczne, nie powtarzam tego, mam fichier

## plan perso

zero planu,

plan .tr, miec plan co krok po kroku robie, dossiers krok

## plan muscu

cele :

* biceps,
* pecs,
* postawa,
* abdo,

podzielic treningi na 3 razy na tydzien:

* Biceps, plecy,
* Pecs, abdo,
* triceps, squat

plan .ev

przelozyc na to inne pomysly

## plan IT

wszystko o DI – najwazniejsze z tego wszystkiego, krok po kroku. Powtarza sie wszedzie.

~~suncet sunrise, slowka do wloch~~

~~reduce, versioning, upload image, save bate[], slider, encypt value on save~~

~~//return CreatedAtAction(nameof(GetTaskById), new { id = newTask.Id }, newTask);~~

### ~~MyAppMemo~~

~~puis difficulter, puis faire avec difficile~~

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# Tydzien 7

Budget – ~~88€~~

Słówka do wloch, Zobaczyc co z tym ekspresem, pneu moto

~~What I want: Unplag, jeden dzien bez internetu, niedziela~~

~~Co chce wiedziec o venecji, kompozytorzy, zezba, galerie,~~

~~Co chce wiedziec o van goghum I jego bladzeniu, o soutinie, I jego fascynacji gniciem, ludzmi, domami ktore maja zycie.~~

~~W szalenstwie, we wszystkim jest odpowiedz.~~

.~~chirurgie annule~~,

### 12.09.2023 poniedzialek

* ~~Ogarnac ten temat >NET Anguar together.~~
* ~~Zakupy lidl, przygotowac sie na operacje.~~

### 13.09.2023 wtorek

~~Operacja anulowana, na 25 kwietnia~~

### 14.09.2023 sroda

### 15.09.2023 czwartek

Trumpette, ecouteurs, music sheat,

### 16.09.2023 piatek

### 17.09.2023 sobota

### 18.09.2023n iedziela

# Tydzien 6

Plan jak brzuszki, W tym tygodniu zrozumiec co musze zrobic zeby stracic brzuszek.

*Muscu pamietnik*

~~Dziurka w pasku, Zrobic wtyczke , , zrobic pranie~~

~~Cos dla sztuki: portret Maély.~~

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|  | ~~koncert~~ |  |  |  |  |  | 19 |
| ~~pranie~~ |  | ~~Zrobic wtyczke~~ | Dziurka w pasku |  |  |  | 20 |
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|  |  |  | Torba na silownie |  |  |  | 24 |
|  |  |  | ~~Co chcesz namalowac, czemu potrzebujesz pretekstu zeby ja poznac.~~ |  |  |  |  |
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Model

# ROK 2023

5k 2023

# Tydzien x

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