

# Founder's Journal

Welcome to your Journal. I designed it to help you work better. I hope it will help you take control of your work and unlock the incredible productivity you have within by focusing your energy in the right places. – *David Singleton, March 2016.*

I recommend taking a few minutes to review the guide and videos at <http://singleton.io/gettingstarted> to help you get the most out of your Journal.

If you'd like to help me make the Journal better, I'd love your feedback at <http://singleton.io/feedback>

## My Owner

Name

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Contact Details

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The artwork for this journal is Based on DIY Organizer. DIY Organizer was created by Rurik Christiansen (rurik) and is licensed under a Creative Commons License. The source code for this version is also available under a Creative Commons License at <http://github.com/dps/journal>.



# 2019 Objectives

## Annual Objective

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## Key Results

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## Annual Objective

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## Key Results

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## Annual Objective

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## Key Results

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## Annual Objective

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## Key Results

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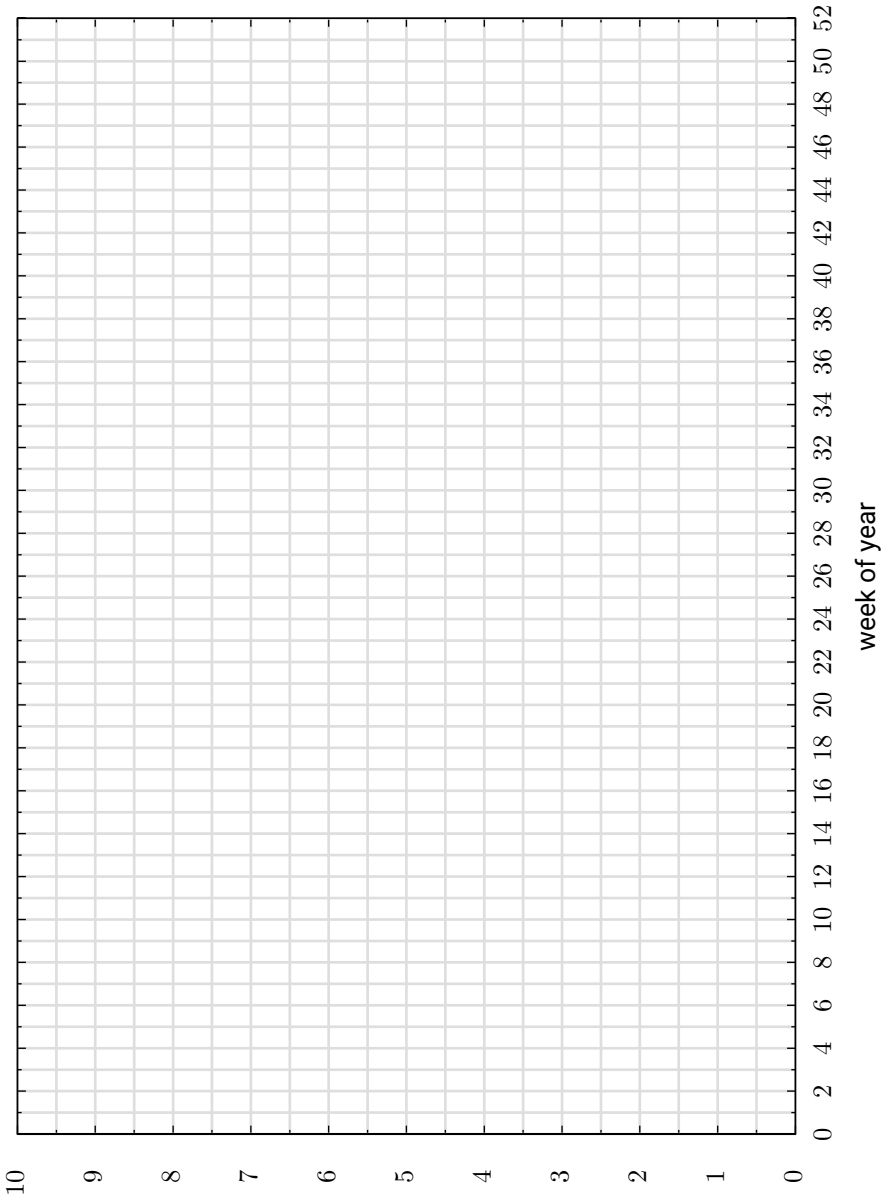
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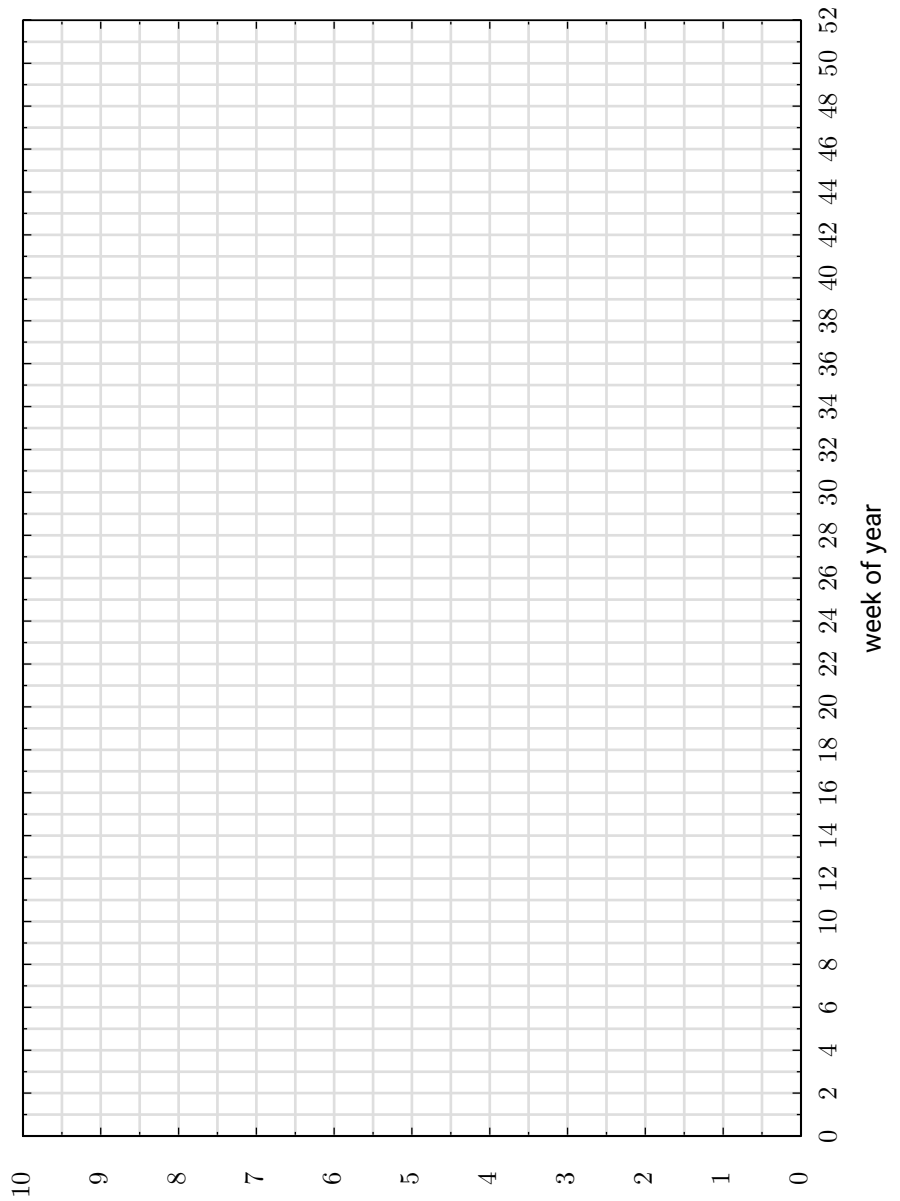
# 52 week metrics



How to use: <http://singleton.io/52wk>



# 52 week metrics



How to use: <http://singleton.io/52wk>

# Q1 Objectives

## Objective & Key Results

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## Objective & Key Results

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## Objective & Key Results

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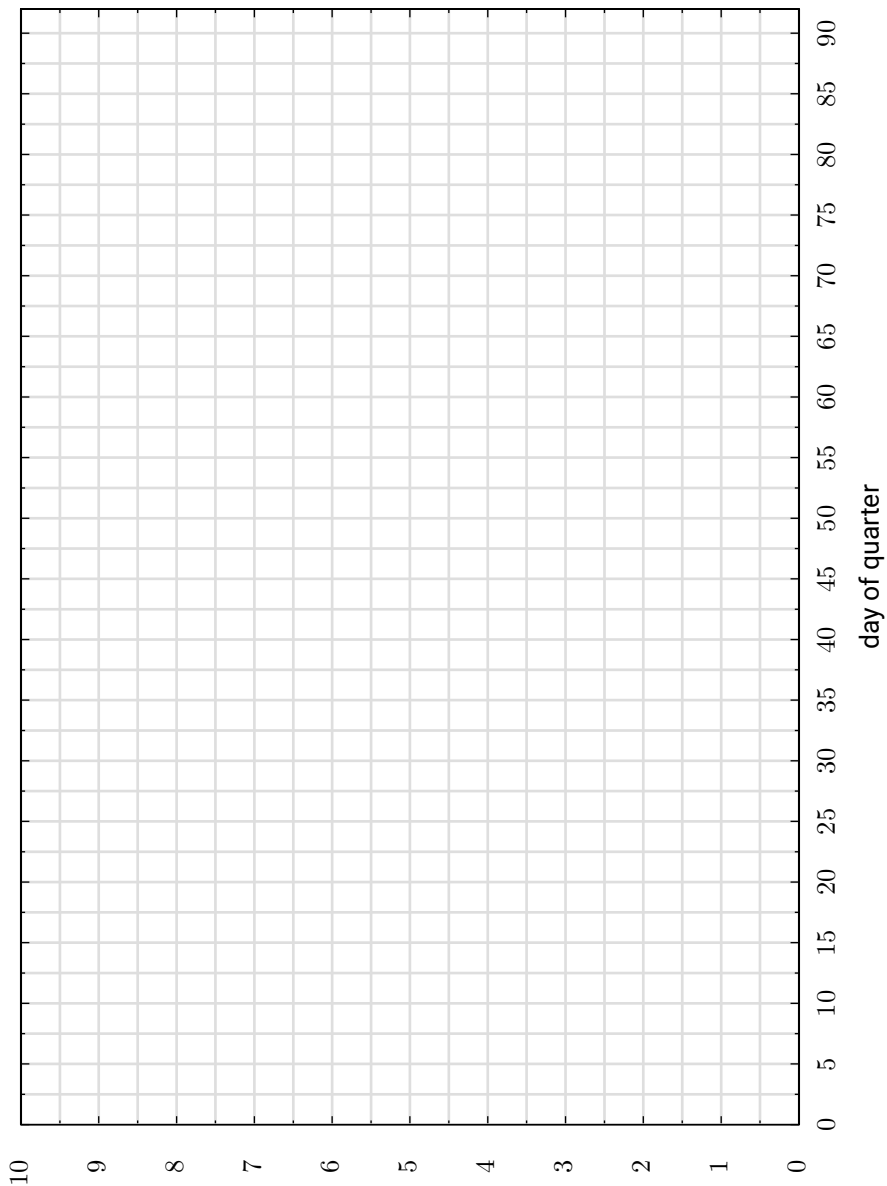
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# Daily metrics



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How to use: <http://singleton.io/daily>

# January



Monday

Tuesday

Wednesday

31

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7

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23

## December

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## February

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

28

29

30

# 2019

Thursday	Friday	Saturday	Sunday
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31	1	2	3



# 2019

Thursday	Friday	Saturday	Sunday
31	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	1	2	3





# 2019

Thursday	Friday	Saturday	Sunday
28	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	31

# Q2 Objectives

## Objective & Key Results

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## Objective & Key Results

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## Objective & Key Results

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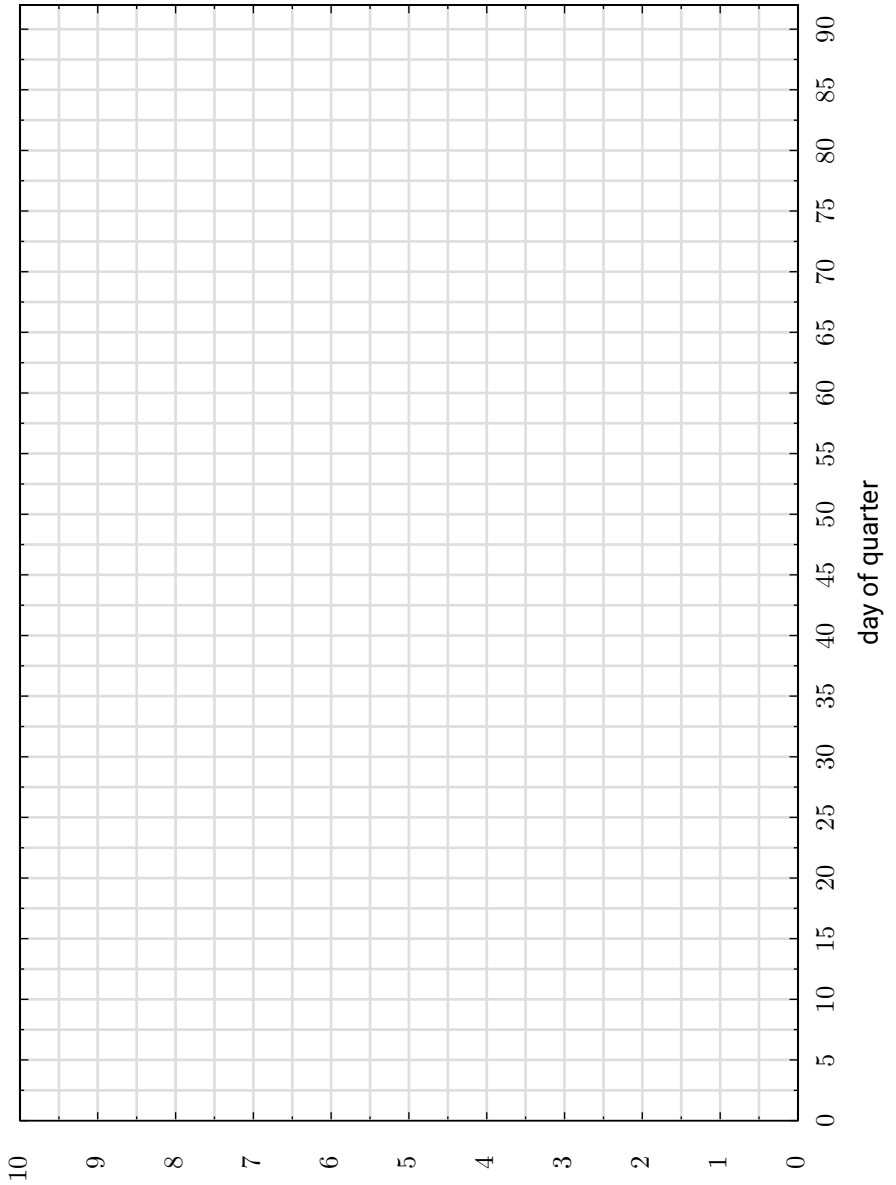
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# Daily metrics



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How to use: <http://singleton.io/daily>

# April



Monday

Tuesday

Wednesday

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## March

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## May

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

29

30

1

# 2019

Thursday	Friday	Saturday	Sunday
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28
2	3	4	5



# 2019

Thursday	Friday	Saturday	Sunday
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30	31	1	2

# June



Monday

Tuesday

Wednesday

27

28

29

3

4

5

10

11

12

17

18

19

## May

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## July

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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# 2019

Thursday	Friday	Saturday	Sunday
30	31	1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30

# Q3 Objectives

## Objective & Key Results

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## Objective & Key Results

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## Objective & Key Results

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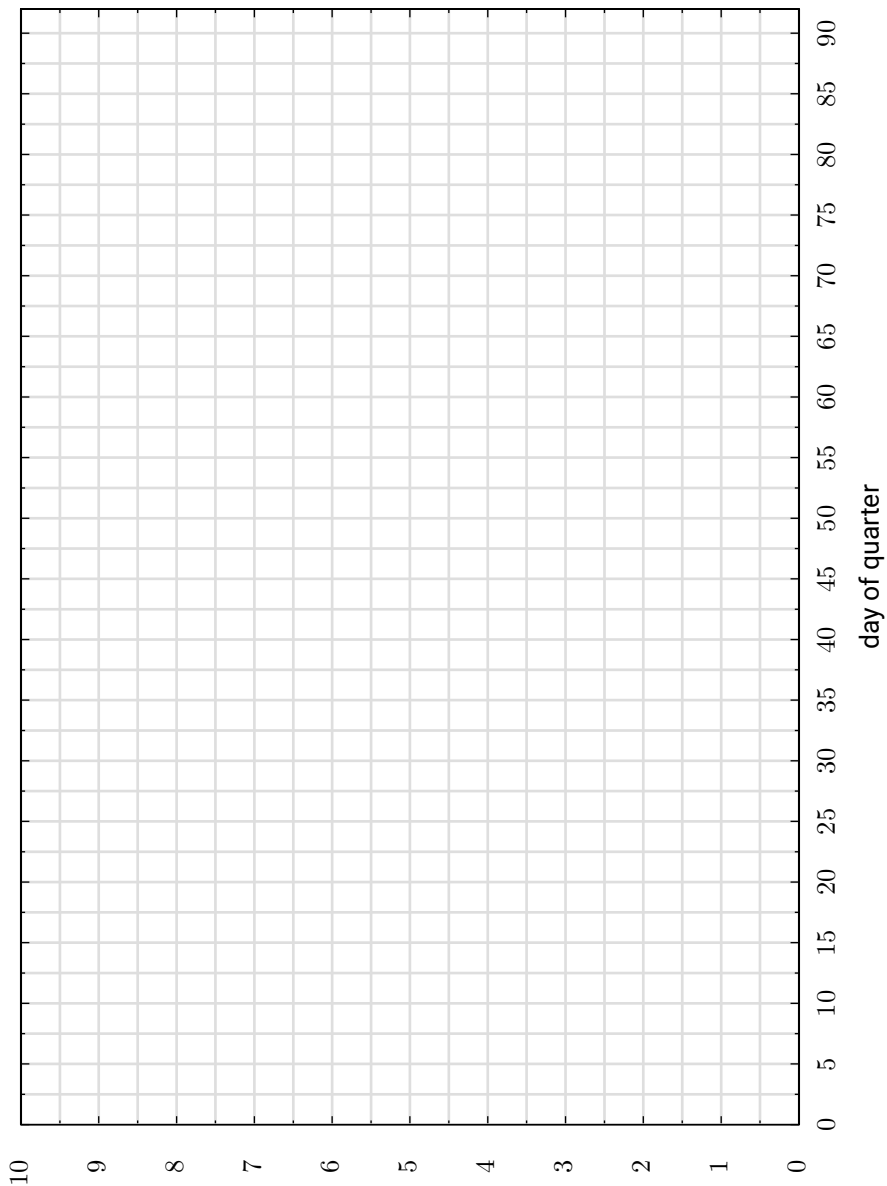
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# Daily metrics



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How to use: <http://singleton.io/daily>

# July



Monday

Tuesday

Wednesday

1

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## June

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## August

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

29

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31

# 2019

Thursday	Friday	Saturday	Sunday
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28
1	2	3	4

# August



Monday

Tuesday

Wednesday

29

30

31

5

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13

14

19

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## July

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

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# 2019

Thursday	Friday	Saturday	Sunday
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	31	1

# September



Monday

Tuesday

Wednesday

26

27

28

2

3

4

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17

18

## August

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## October

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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# 2019

Thursday	Friday	Saturday	Sunday
29	30	31	1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29

# Q4 Objectives

## Objective & Key Results

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## Objective & Key Results

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## Objective & Key Results

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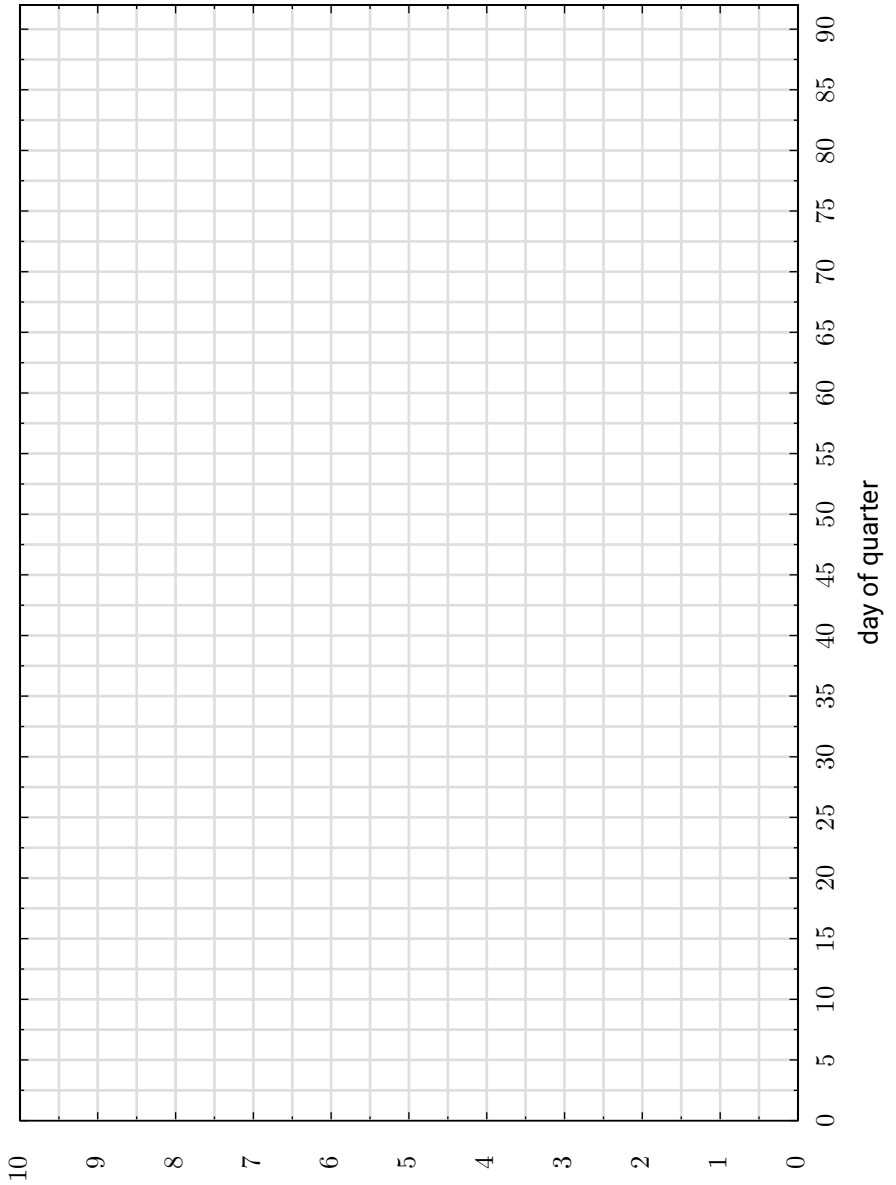
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# Daily metrics



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How to use: <http://singleton.io/daily>



# 2019

Thursday	Friday	Saturday	Sunday
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31	1	2	3



# 2019

Thursday	Friday	Saturday	Sunday
31	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	1

# December



Monday

Tuesday

Wednesday

25

26

27

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18

## November

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## January

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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# 2019

Thursday	Friday	Saturday	Sunday
28	29	30	1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29




# Dec 2018 – Jan 2019

Thursday 3 Jan ↔ ✓

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Friday 4 Jan ↔ ✓

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Sat 5 Jan & Sun 6 Jan ↔ ✓

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## How did it go?

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

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Friday 11 Jan  

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Sat 12 Jan & Sun 13 Jan  

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**

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Thursday 17 Jan  

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Friday 18 Jan  

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Sat 19 Jan & Sun 20 Jan  

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**

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Thursday 24 Jan  

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Friday 25 Jan  

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Sat 26 Jan & Sun 27 Jan  

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**

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Thursday 31 Jan

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Lined writing area for Thursday 31 Jan

Friday 1 Feb

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Lined writing area for Friday 1 Feb

Sat 2 Feb & Sun 3 Feb

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Lined writing area for Sat 2 Feb & Sun 3 Feb

How did it go?

Notes

- Enjoyed it                    ①②③④⑤
- Got stuff done            ①②③④⑤
- Progressed goals        ①②③④⑤
- Learning                    ①②③④⑤

Lined writing area for 'How did it go?' section



Thursday 7 Feb  

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Friday 8 Feb  

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Sat 9 Feb & Sun 10 Feb  

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**

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Thursday 14 Feb ↔ ✓

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Friday 15 Feb ↔ ✓

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Sat 16 Feb & Sun 17 Feb ↔ ✓

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤


**Notes**

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Thursday 21 Feb  

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Friday 22 Feb  

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Sat 23 Feb & Sun 24 Feb  

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**


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Thursday 28 Feb  

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Friday 1 Mar  

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Sat 2 Mar & Sun 3 Mar  

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤


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Thursday 7 Mar \_\_\_\_\_  

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Friday 8 Mar \_\_\_\_\_  

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Sat 9 Mar & Sun 10 Mar \_\_\_\_\_  

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**

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Thursday 14 Mar

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Friday 15 Mar

↔ ✓



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Sat 16 Mar & Sun 17 Mar

↔ ✓



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How did it go?

Notes


- Enjoyed it                    ①②③④⑤
- Got stuff done            ①②③④⑤
- Progressed goals        ①②③④⑤
- Learning                    ①②③④⑤

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Thursday 21 Mar \_\_\_\_\_  

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Friday 22 Mar \_\_\_\_\_  

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Sat 23 Mar & Sun 24 Mar \_\_\_\_\_  

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**How did it go?**


- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**

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Thursday 28 Mar \_\_\_\_\_  

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Friday 29 Mar \_\_\_\_\_  

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Sat 30 Mar & Sun 31 Mar \_\_\_\_\_  

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**

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Thursday 4 Apr  

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Friday 5 Apr  

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Sat 6 Apr & Sun 7 Apr  

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How did it go?

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

Notes


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Thursday 11 Apr  

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Friday 12 Apr  

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Sat 13 Apr & Sun 14 Apr  

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How did it go?

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

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Thursday 18 Apr ↔ ✓

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Friday 19 Apr ↔ ✓

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Sat 20 Apr & Sun 21 Apr ↔ ✓

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How did it go?

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

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Thursday 25 Apr ↔ ✓

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Friday 26 Apr ↔ ✓

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Sat 27 Apr & Sun 28 Apr ↔ ✓

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How did it go?

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

Notes

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Thursday 2 May   

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Friday 3 May   

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Sat 4 May & Sun 5 May   

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How did it go?

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

Notes

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Thursday 9 May



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Friday 10 May



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Sat 11 May & Sun 12 May



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How did it go?

Enjoyed it

①②③④⑤

Got stuff done

①②③④⑤

Progressed goals

①②③④⑤

Learning

①②③④⑤

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Notes

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Thursday 16 May



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Friday 17 May



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Sat 18 May & Sun 19 May



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How did it go?

- Enjoyed it
- Got stuff done
- Progressed goals
- Learning

- ①②③④⑤
- ①②③④⑤
- ①②③④⑤
- ①②③④⑤

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Thursday 23 May



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Friday 24 May



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Sat 25 May & Sun 26 May



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How did it go?

- Enjoyed it
- Got stuff done
- Progressed goals
- Learning

- ①②③④⑤
- ①②③④⑤
- ①②③④⑤
- ①②③④⑤

Notes

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# May – Jun 2019

Thursday 30 May



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Friday 31 May



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Sat 1 Jun & Sun 2 Jun



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How did it go?

Enjoyed it  
Got stuff done  
Progressed goals  
Learning

①②③④⑤  
①②③④⑤  
①②③④⑤  
①②③④⑤

Notes

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Thursday 6 Jun ↔ ✓

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Friday 7 Jun ↔ ✓

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Sat 8 Jun & Sun 9 Jun ↔ ✓

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**

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Thursday 13 Jun ↔ ✓

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Friday 14 Jun ↔ ✓

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Sat 15 Jun & Sun 16 Jun ↔ ✓

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**


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Thursday 20 Jun  

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Friday 21 Jun  

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Sat 22 Jun & Sun 23 Jun  

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**

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Thursday 27 Jun ↔ ✓

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Friday 28 Jun ↔ ✓

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Sat 29 Jun & Sun 30 Jun ↔ ✓

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**

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Thursday 4 Jul ↔ ✓

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Friday 5 Jul ↔ ✓

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Sat 6 Jul & Sun 7 Jul ↔ ✓

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤


**Notes**

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Thursday 11 Jul ↔ ✓

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Friday 12 Jul ↔ ✓

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Sat 13 Jul & Sun 14 Jul ↔ ✓

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**


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Thursday 18 Jul ↔ ✓

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Friday 19 Jul ↔ ✓

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Sat 20 Jul & Sun 21 Jul ↔ ✓

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**How did it go?**


- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**

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Thursday 25 Jul ↔ ✓

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Friday 26 Jul ↔ ✓

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Sat 27 Jul & Sun 28 Jul ↔ ✓

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**

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Thursday 1 Aug



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Friday 2 Aug



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Sat 3 Aug & Sun 4 Aug



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How did it go?

- Enjoyed it                    ①②③④⑤
- Got stuff done            ①②③④⑤
- Progressed goals         ①②③④⑤
- Learning                    ①②③④⑤

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Thursday 8 Aug ↔ ✓



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Friday 9 Aug ↔ ✓



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Sat 10 Aug & Sun 11 Aug ↔ ✓



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How did it go?

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

Notes

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Thursday 15 Aug

☛ ✓



Handwriting practice lines for Thursday 15 Aug.

Friday 16 Aug

☛ ✓



Handwriting practice lines for Friday 16 Aug.

Sat 17 Aug & Sun 18 Aug

☛ ✓



Handwriting practice lines for Sat 17 Aug & Sun 18 Aug.

How did it go?

Notes

- Enjoyed it                    ①②③④⑤
- Got stuff done            ①②③④⑤
- Progressed goals        ①②③④⑤
- Learning                    ①②③④⑤

Handwriting practice lines for the 'How did it go?' section.



Thursday 22 Aug

☛ ✓



Handwriting practice lines for Thursday 22 Aug.

Friday 23 Aug

☛ ✓



Handwriting practice lines for Friday 23 Aug.

Sat 24 Aug & Sun 25 Aug

☛ ✓



Handwriting practice lines for Saturday 24 Aug & Sunday 25 Aug.

How did it go?

Notes

- Enjoyed it                    ①②③④⑤
- Got stuff done            ①②③④⑤
- Progressed goals        ①②③④⑤
- Learning                    ①②③④⑤

Handwriting practice lines for the 'How did it go?' section.



# Aug – Sep 2019

Thursday 29 Aug



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Friday 30 Aug



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Sat 31 Aug & Sun 1 Sep



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How did it go?

Enjoyed it

①②③④⑤

Got stuff done

①②③④⑤

Progressed goals

①②③④⑤

Learning

①②③④⑤

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Notes

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Thursday 5 Sep ↔ ✓

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Friday 6 Sep ↔ ✓

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Sat 7 Sep & Sun 8 Sep ↔ ✓

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**


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Thursday 12 Sep ↔ ✓

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Friday 13 Sep ↔ ✓

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Sat 14 Sep & Sun 15 Sep ↔ ✓

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How did it go?

- Enjoyed it                    ①②③④⑤
- Got stuff done            ①②③④⑤
- Progressed goals        ①②③④⑤
- Learning                    ①②③④⑤

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Thursday 19 Sep ↔ ✓



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Friday 20 Sep ↔ ✓



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Sat 21 Sep & Sun 22 Sep ↔ ✓



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How did it go?

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|------------------|-------|
| Enjoyed it       | ①②③④⑤ |
| Got stuff done   | ①②③④⑤ |
| Progressed goals | ①②③④⑤ |
| Learning         | ①②③④⑤ |

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Thursday 26 Sep ↔ ✓



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Friday 27 Sep ↔ ✓



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Sat 28 Sep & Sun 29 Sep ↔ ✓



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How did it go?

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| Enjoyed it       | ①②③④⑤ |
| Got stuff done   | ①②③④⑤ |
| Progressed goals | ①②③④⑤ |
| Learning         | ①②③④⑤ |

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Thursday 3 Oct ↔ ✓



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Friday 4 Oct ↔ ✓



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Sat 5 Oct & Sun 6 Oct ↔ ✓



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How did it go?

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

Notes


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Thursday 10 Oct ↔ ✓

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Friday 11 Oct ↔ ✓

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Sat 12 Oct & Sun 13 Oct ↔ ✓

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**

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Thursday 17 Oct ↔ ✓

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Friday 18 Oct ↔ ✓

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Sat 19 Oct & Sun 20 Oct ↔ ✓

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**

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Thursday 24 Oct  

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Sat 26 Oct & Sun 27 Oct  

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**

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Thursday 31 Oct

↔ ✓



Handwriting practice lines for Thursday 31 Oct.

Friday 1 Nov

↔ ✓



Handwriting practice lines for Friday 1 Nov.

Sat 2 Nov & Sun 3 Nov

↔ ✓



Handwriting practice lines for Sat 2 Nov & Sun 3 Nov.

How did it go?

Notes

- Enjoyed it                                    ①②③④⑤
- Got stuff done                              ①②③④⑤
- Progressed goals                          ①②③④⑤
- Learning                                        ①②③④⑤


Handwriting practice lines for the 'How did it go?' section.



Thursday 7 Nov \_\_\_\_\_  

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Friday 8 Nov \_\_\_\_\_  

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Sat 9 Nov & Sun 10 Nov \_\_\_\_\_  

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**

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Thursday 14 Nov

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Friday 15 Nov

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Sat 16 Nov & Sun 17 Nov

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How did it go?

Notes

- Enjoyed it                    ①②③④⑤
- Got stuff done            ①②③④⑤
- Progressed goals        ①②③④⑤
- Learning                    ①②③④⑤

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Thursday 21 Nov

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Friday 22 Nov

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Sat 23 Nov & Sun 24 Nov

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How did it go?

Notes

- Enjoyed it                    ①②③④⑤
- Got stuff done            ①②③④⑤
- Progressed goals        ①②③④⑤
- Learning                    ①②③④⑤

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Thursday 28 Nov \_\_\_\_\_  



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Friday 29 Nov \_\_\_\_\_  



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Sat 30 Nov & Sun 1 Dec \_\_\_\_\_  



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How did it go?

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

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Thursday 5 Dec ↔ ✓

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Friday 6 Dec ↔ ✓

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Sat 7 Dec & Sun 8 Dec ↔ ✓

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**

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Thursday 12 Dec ↔ ✓

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Friday 13 Dec ↔ ✓

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Sat 14 Dec & Sun 15 Dec ↔ ✓

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**

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Thursday 19 Dec ↔ ✓

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Friday 20 Dec ↔ ✓

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Sat 21 Dec & Sun 22 Dec ↔ ✓

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**

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Thursday 26 Dec ↔ ✓

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Friday 27 Dec ↔ ✓

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Sat 28 Dec & Sun 29 Dec ↔ ✓

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**How did it go?**

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

**Notes**

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Thursday 2 Jan   

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Friday 3 Jan   

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Sat 4 Jan & Sun 5 Jan   

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How did it go?

- Enjoyed it ①②③④⑤
- Got stuff done ①②③④⑤
- Progressed goals ①②③④⑤
- Learning ①②③④⑤

Notes

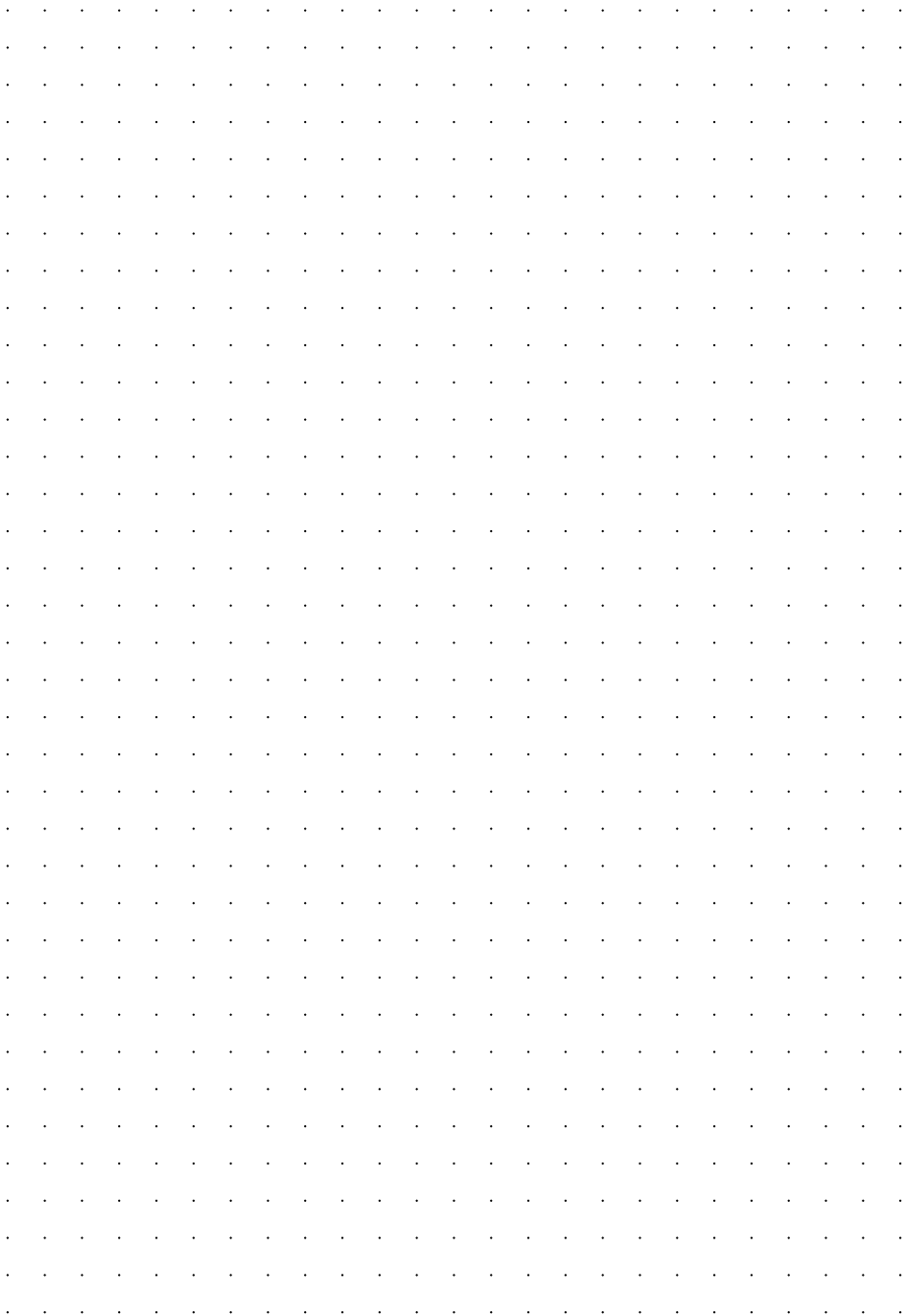
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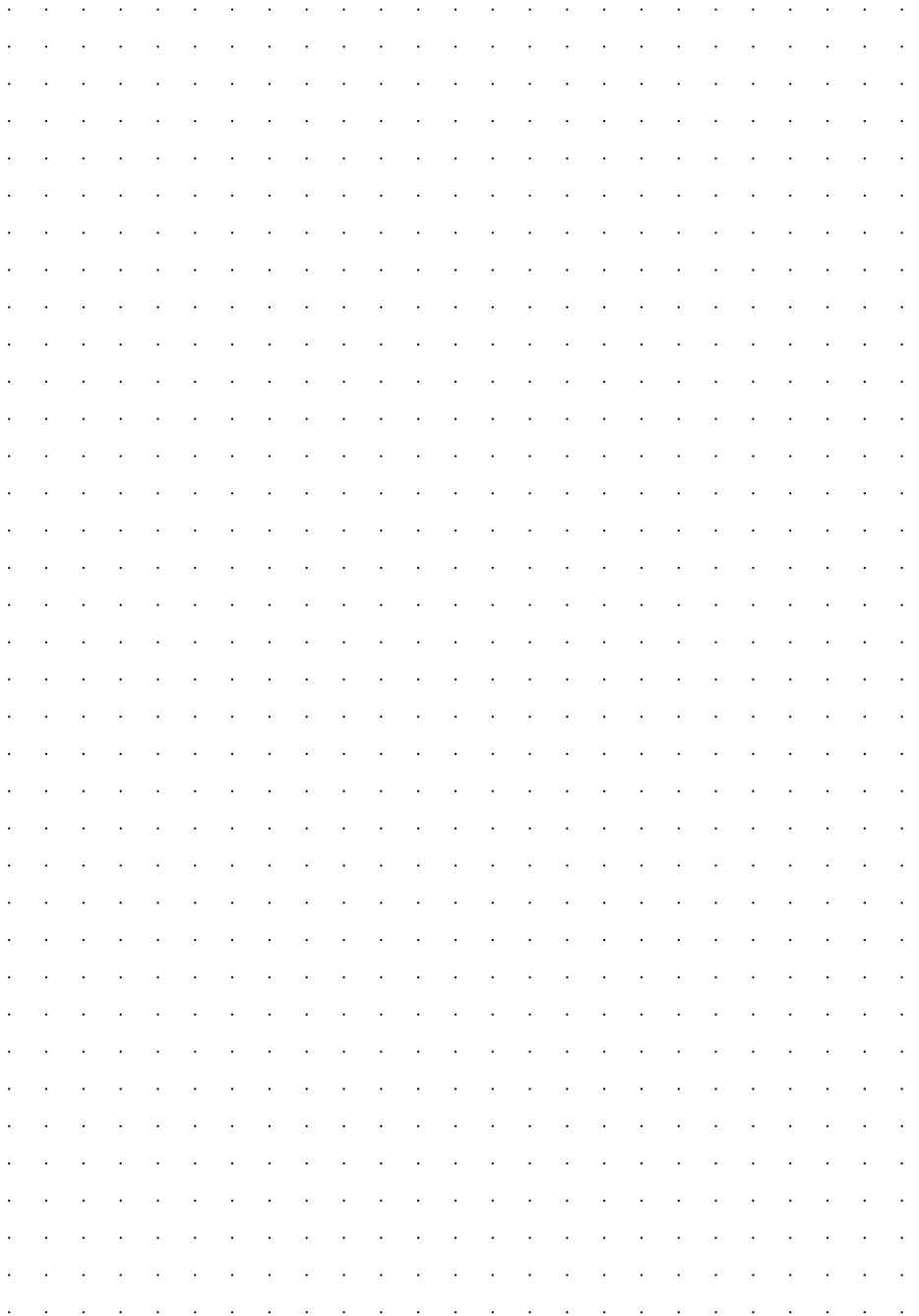
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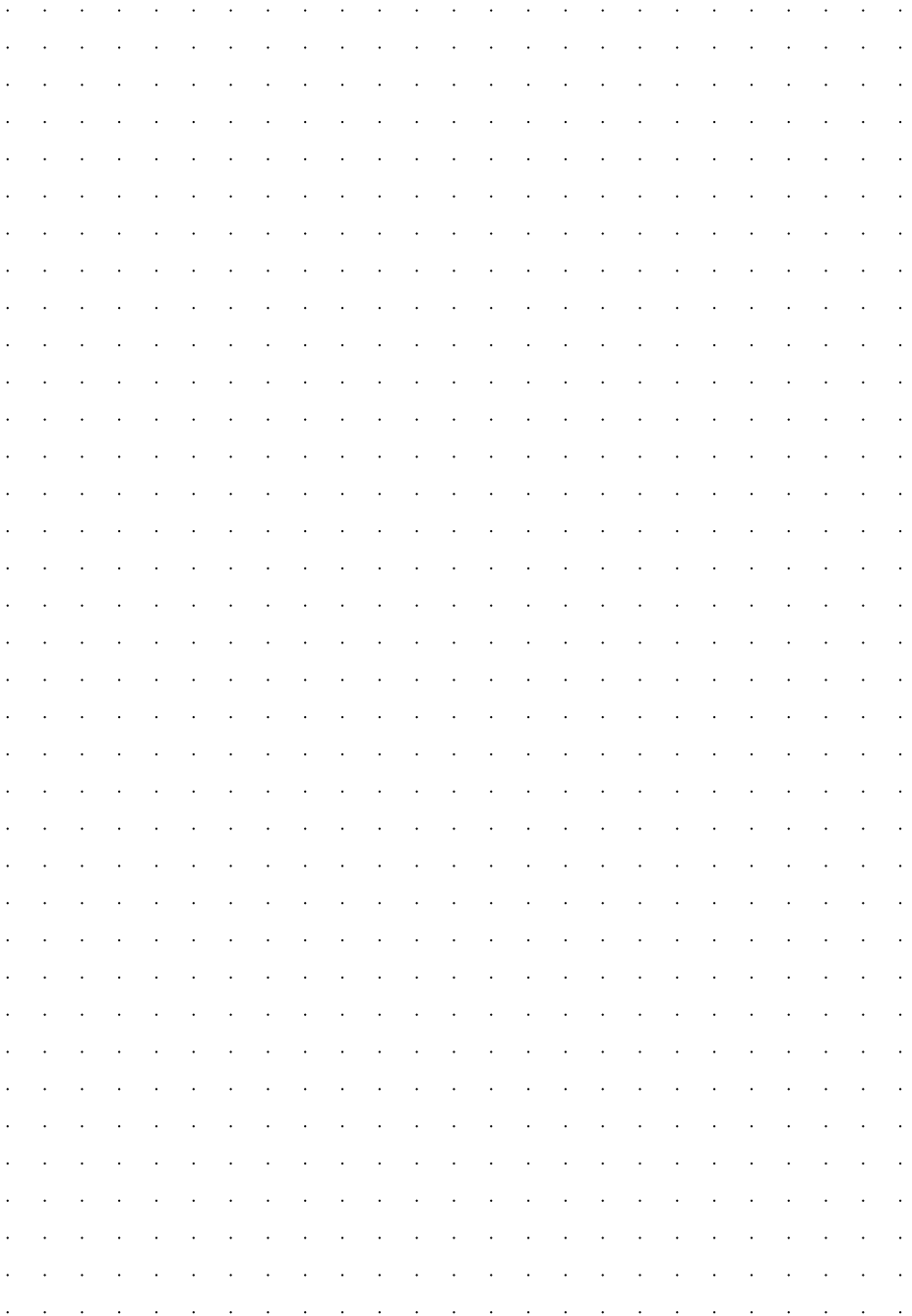
# dots



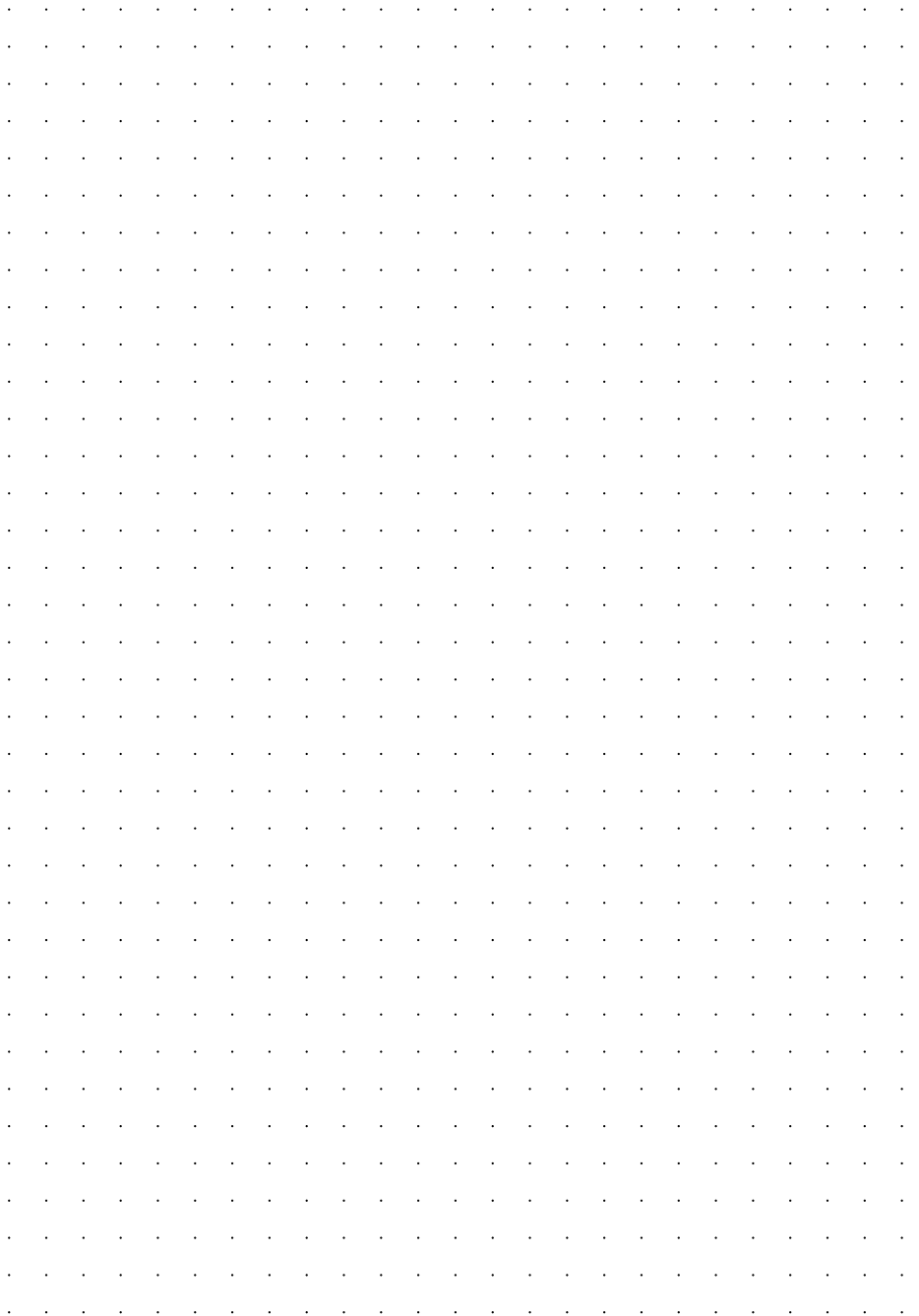
# dots



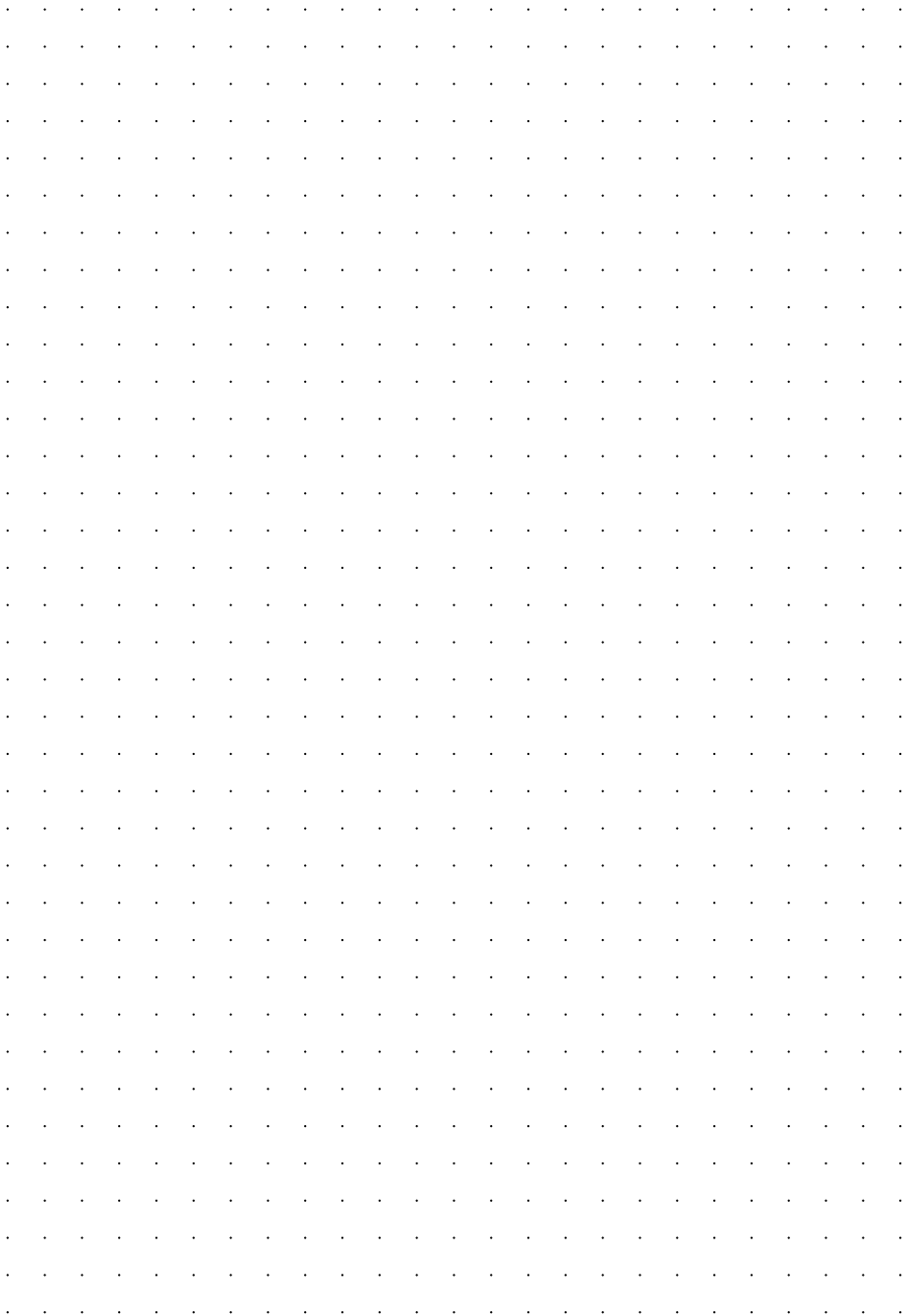
# dots



# dots

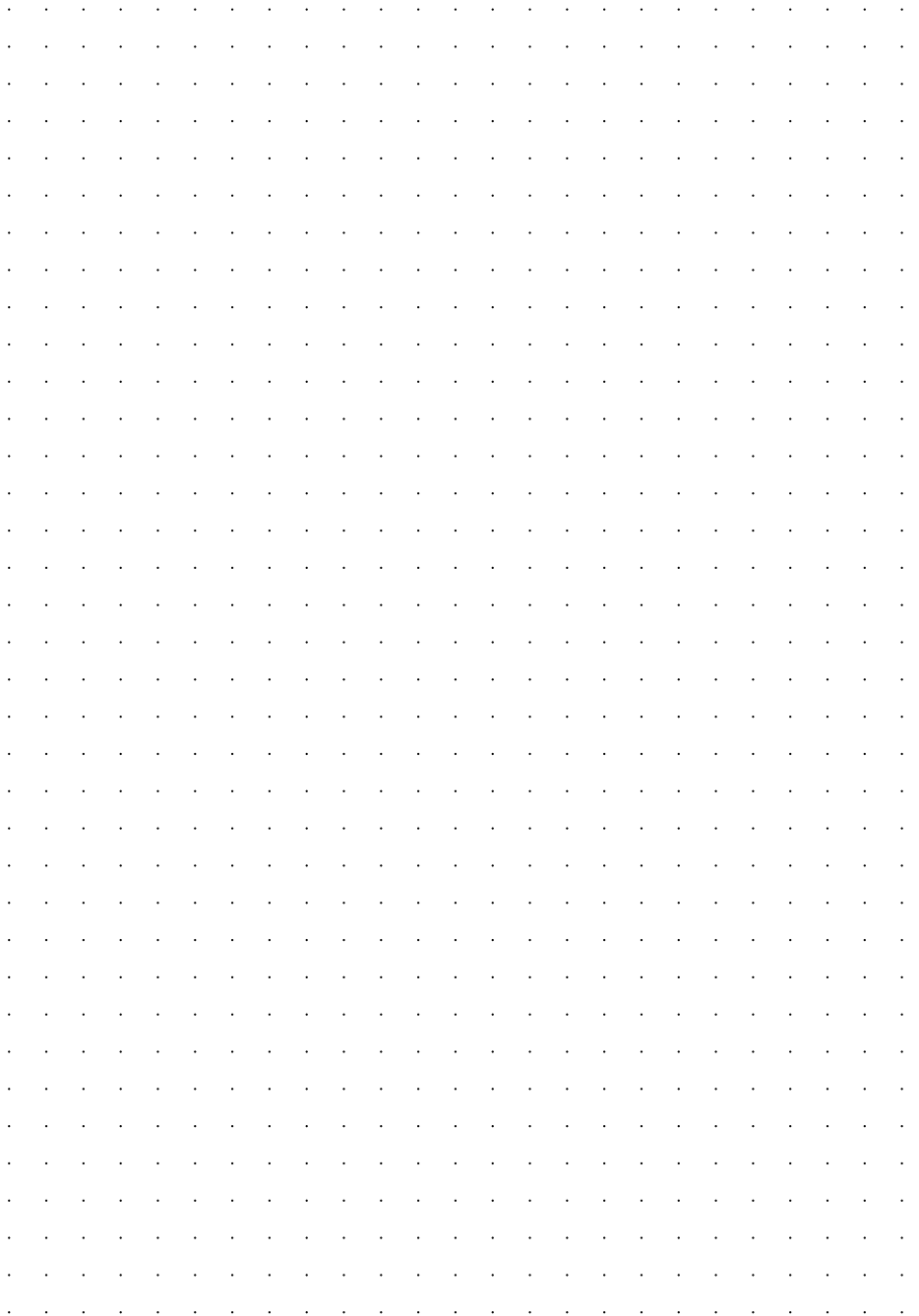


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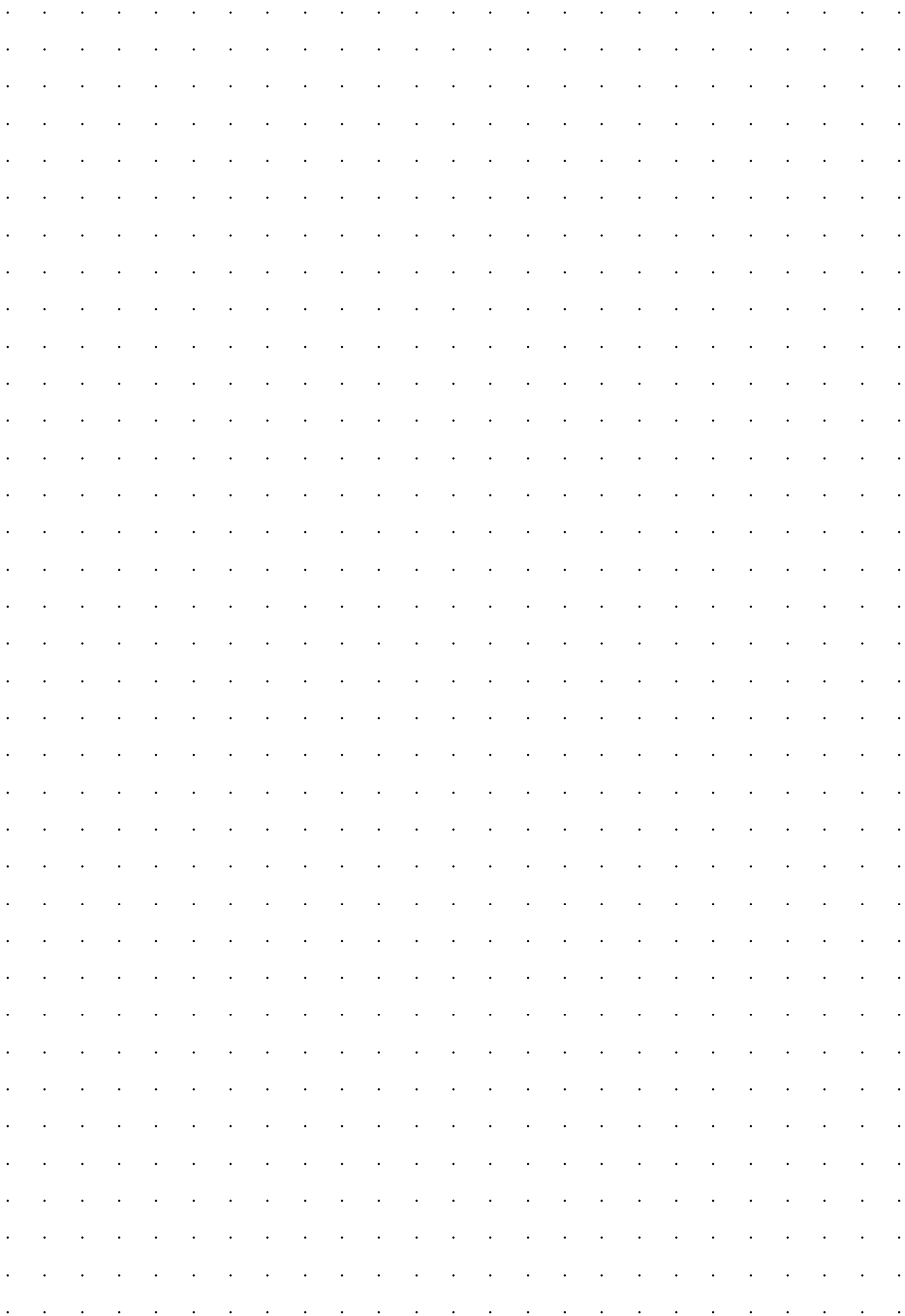




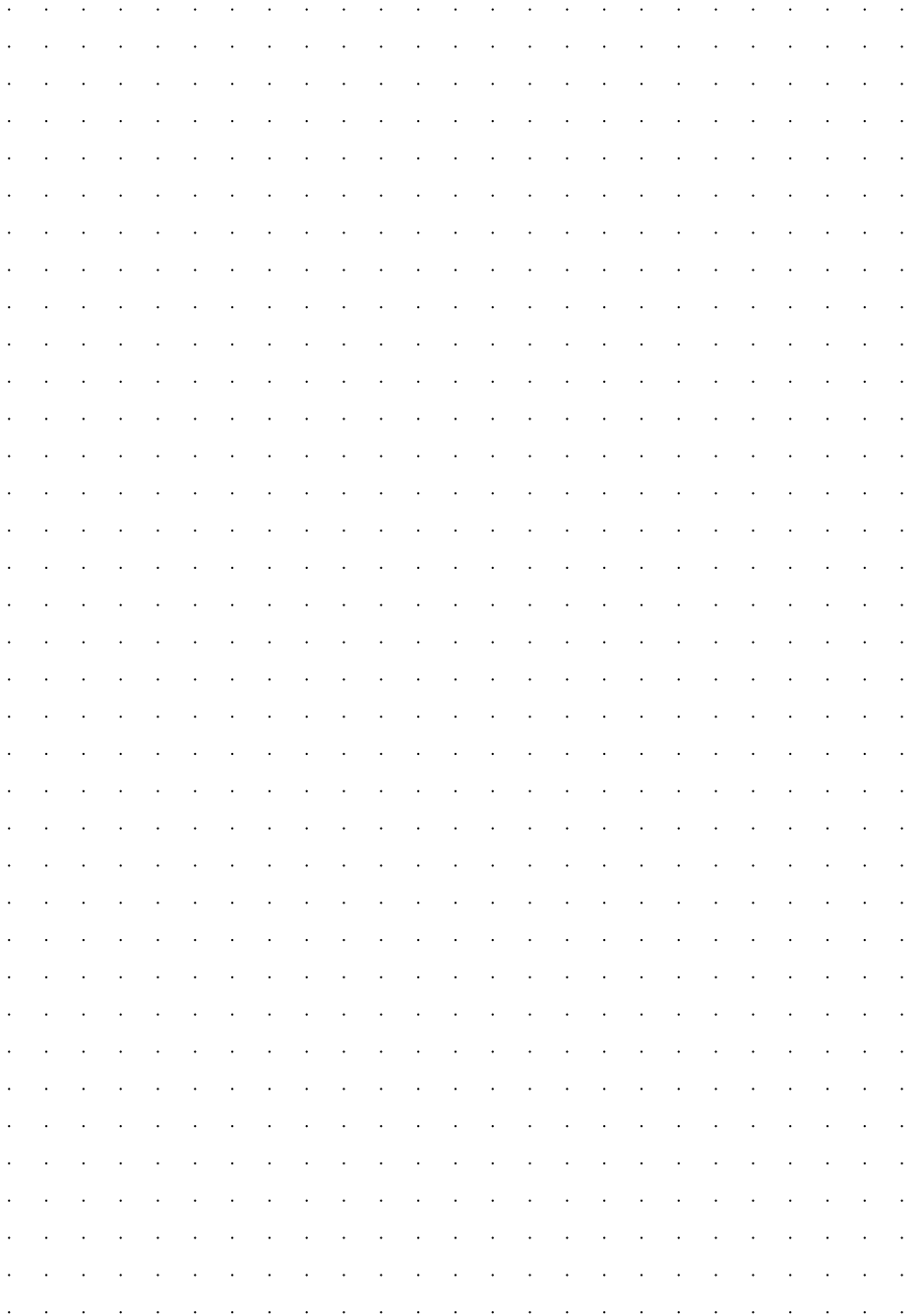
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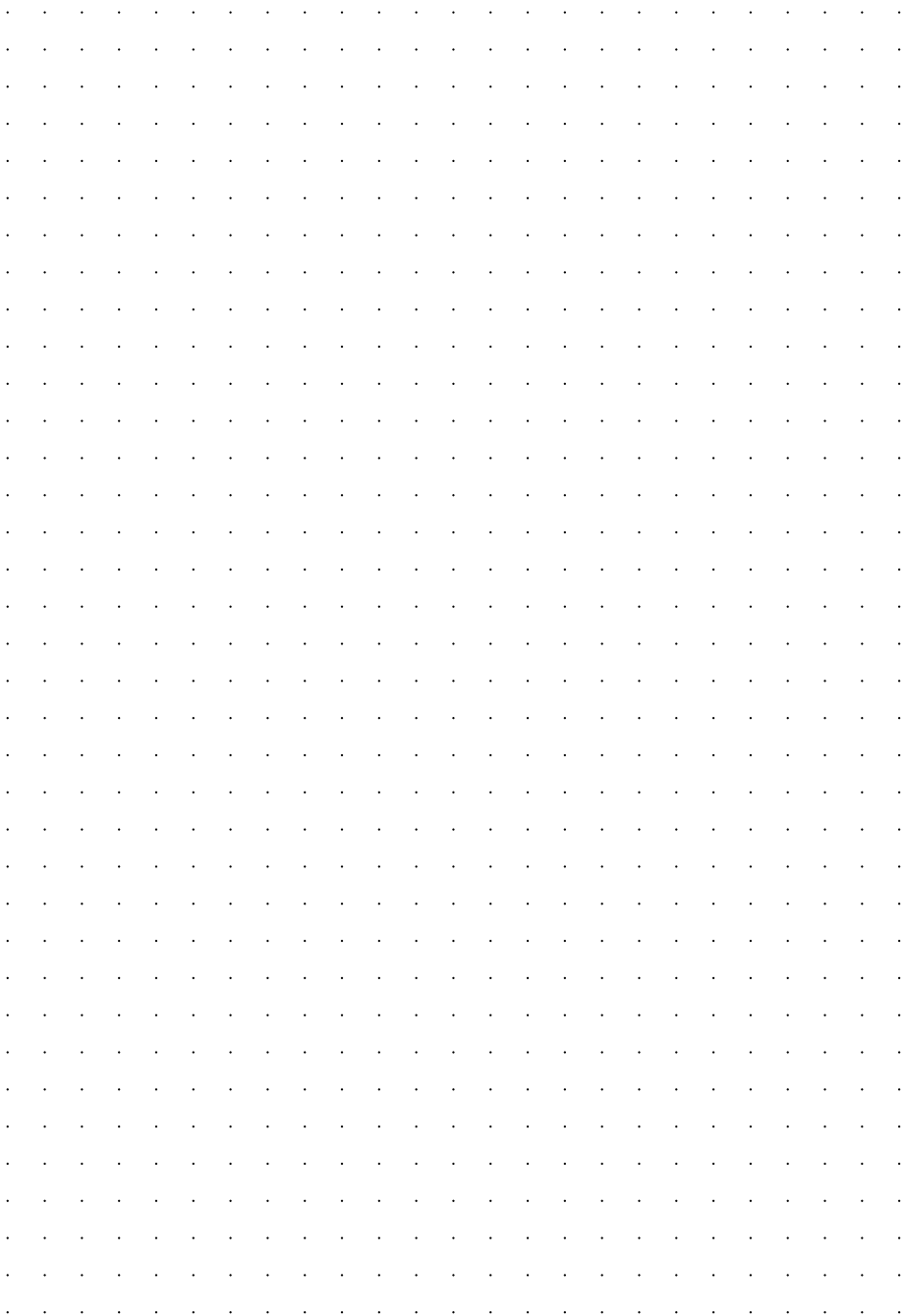
# dots



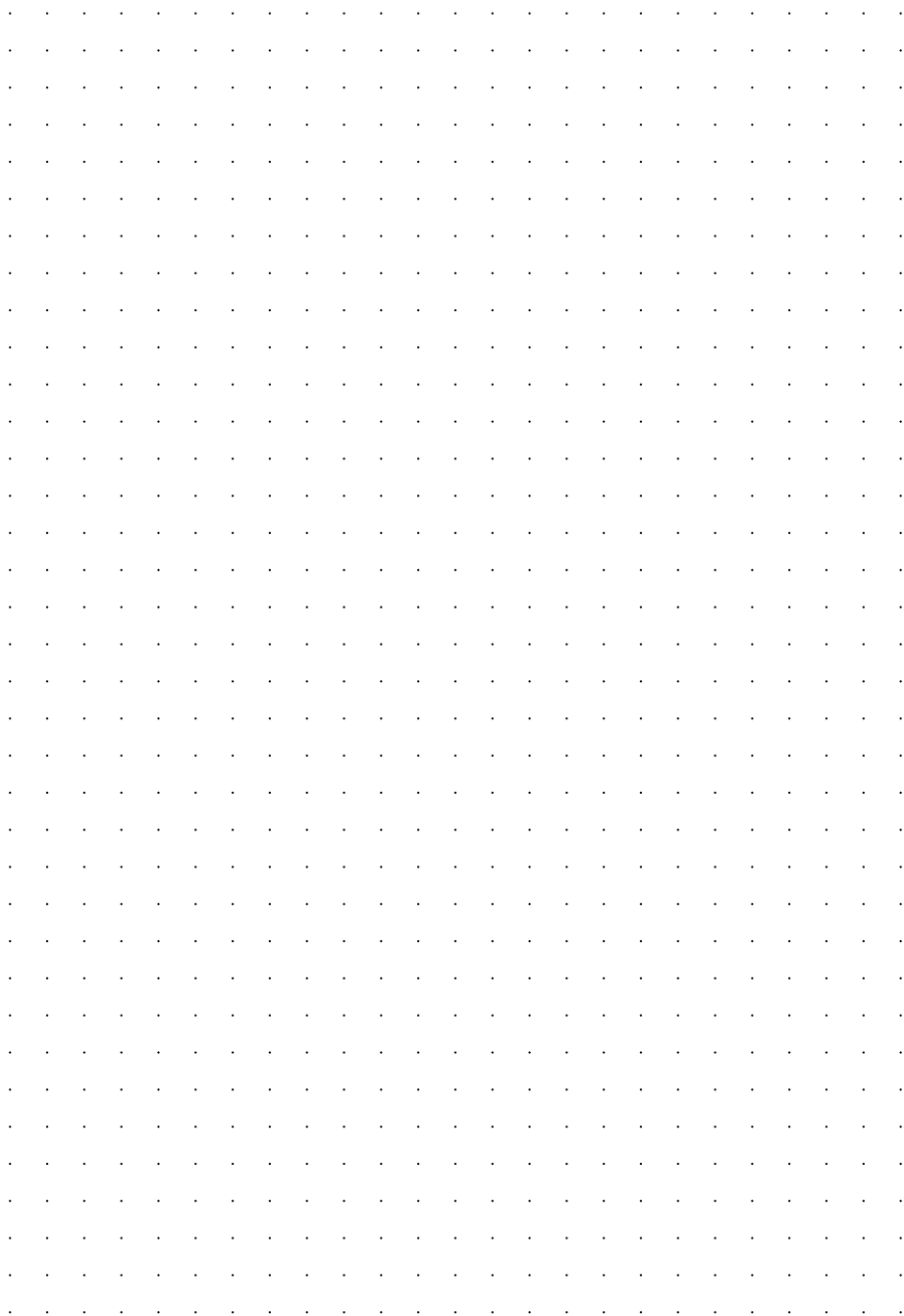
# dots



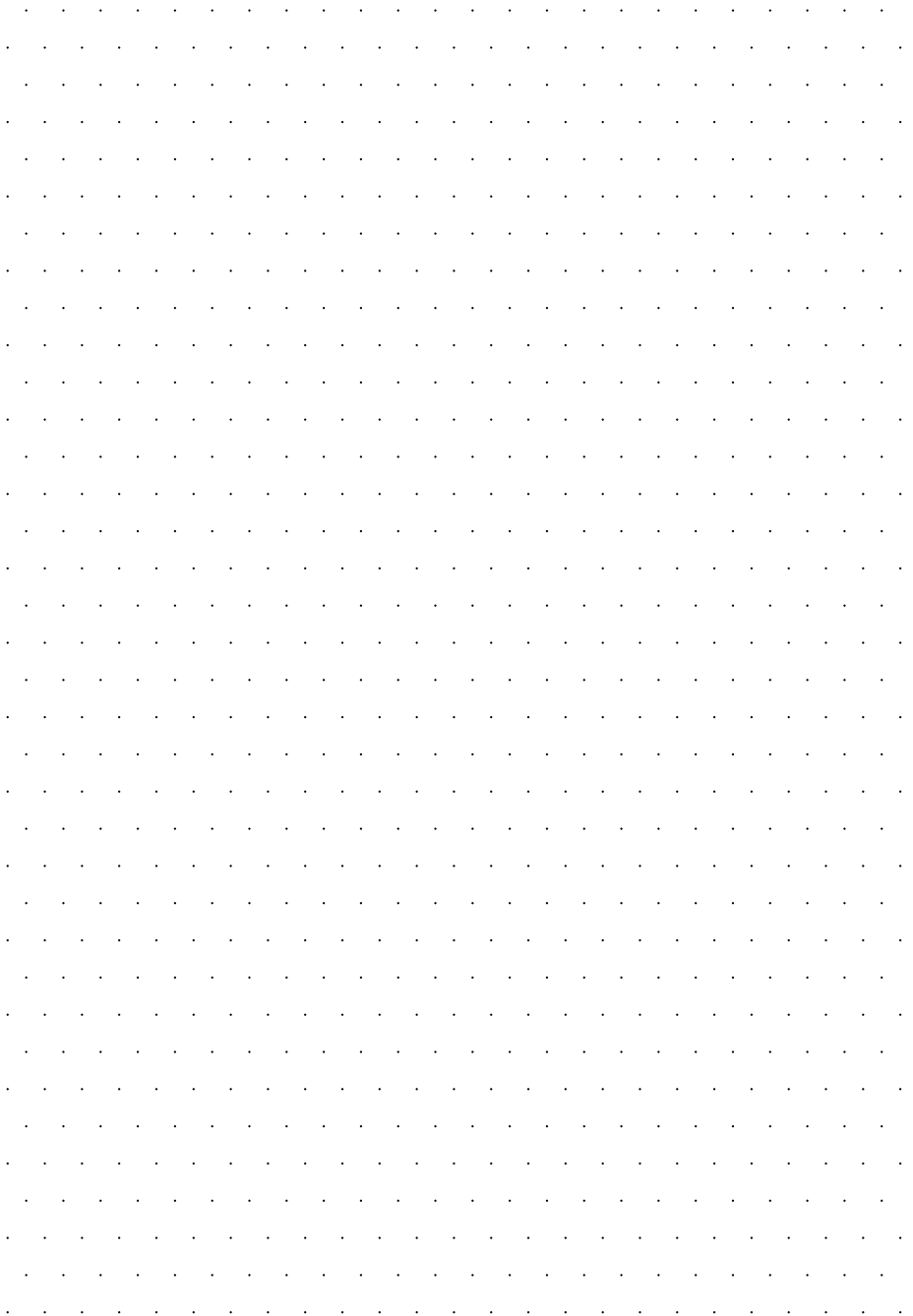
# dots



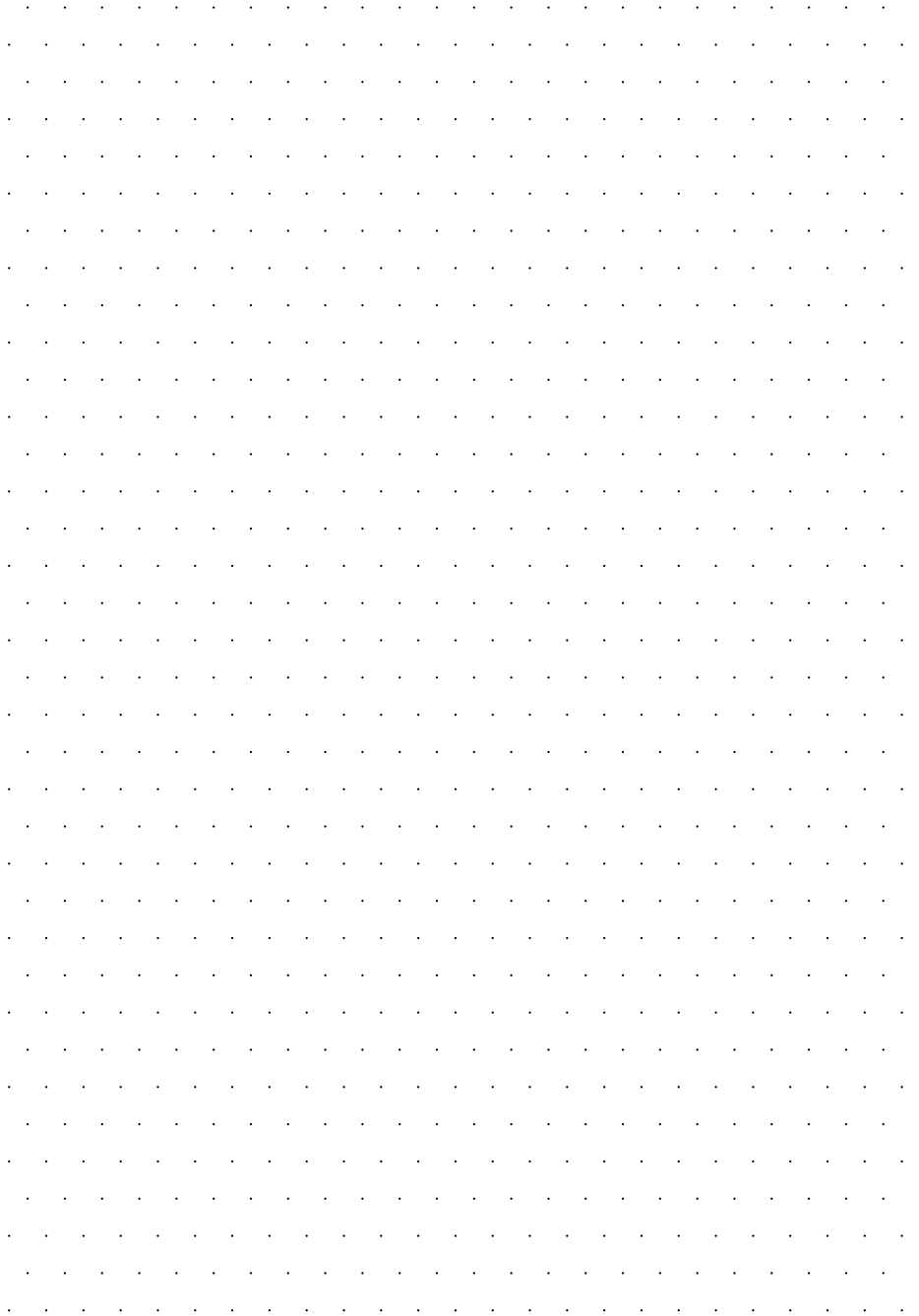
# dots



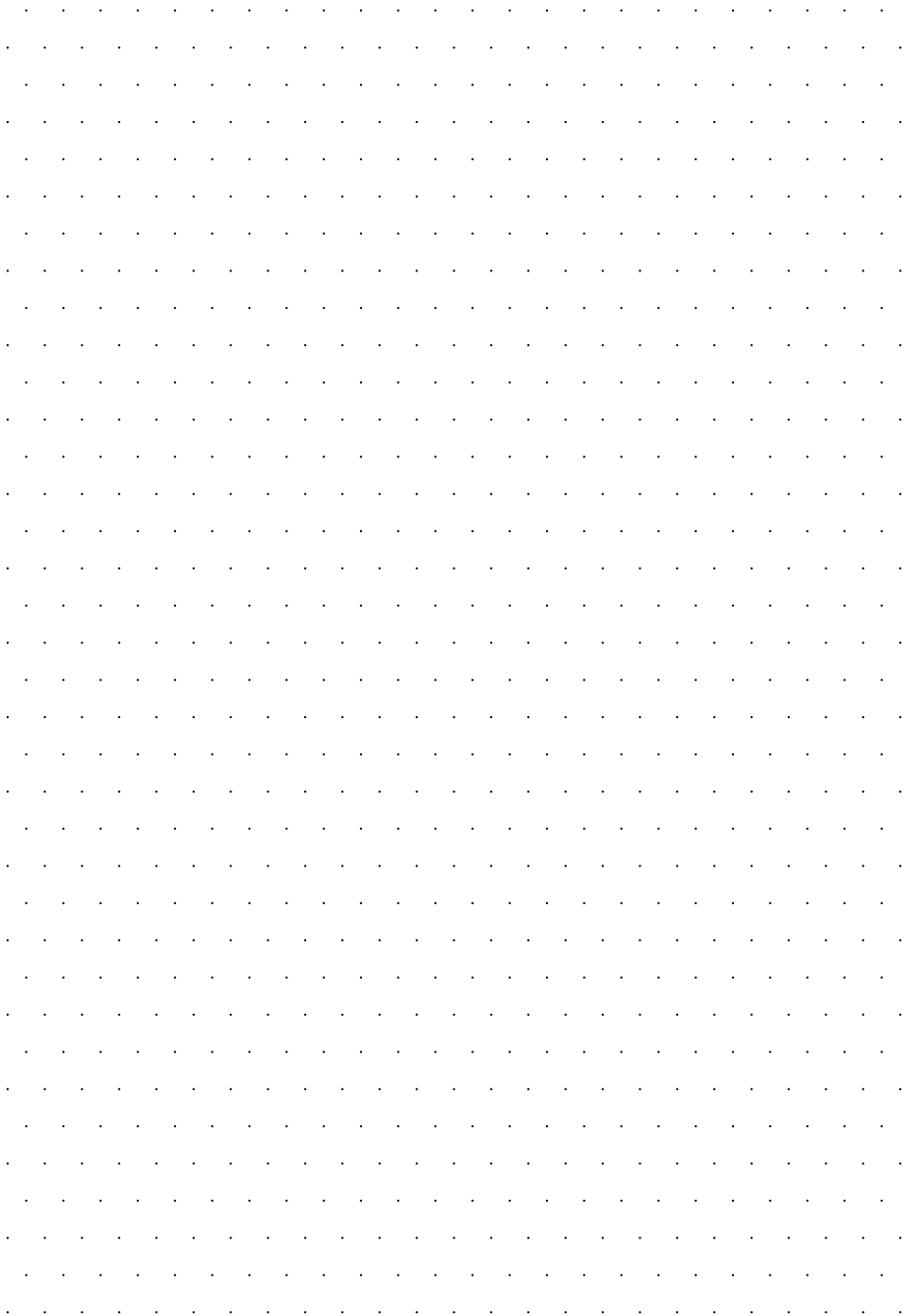
# triangular



# triangular

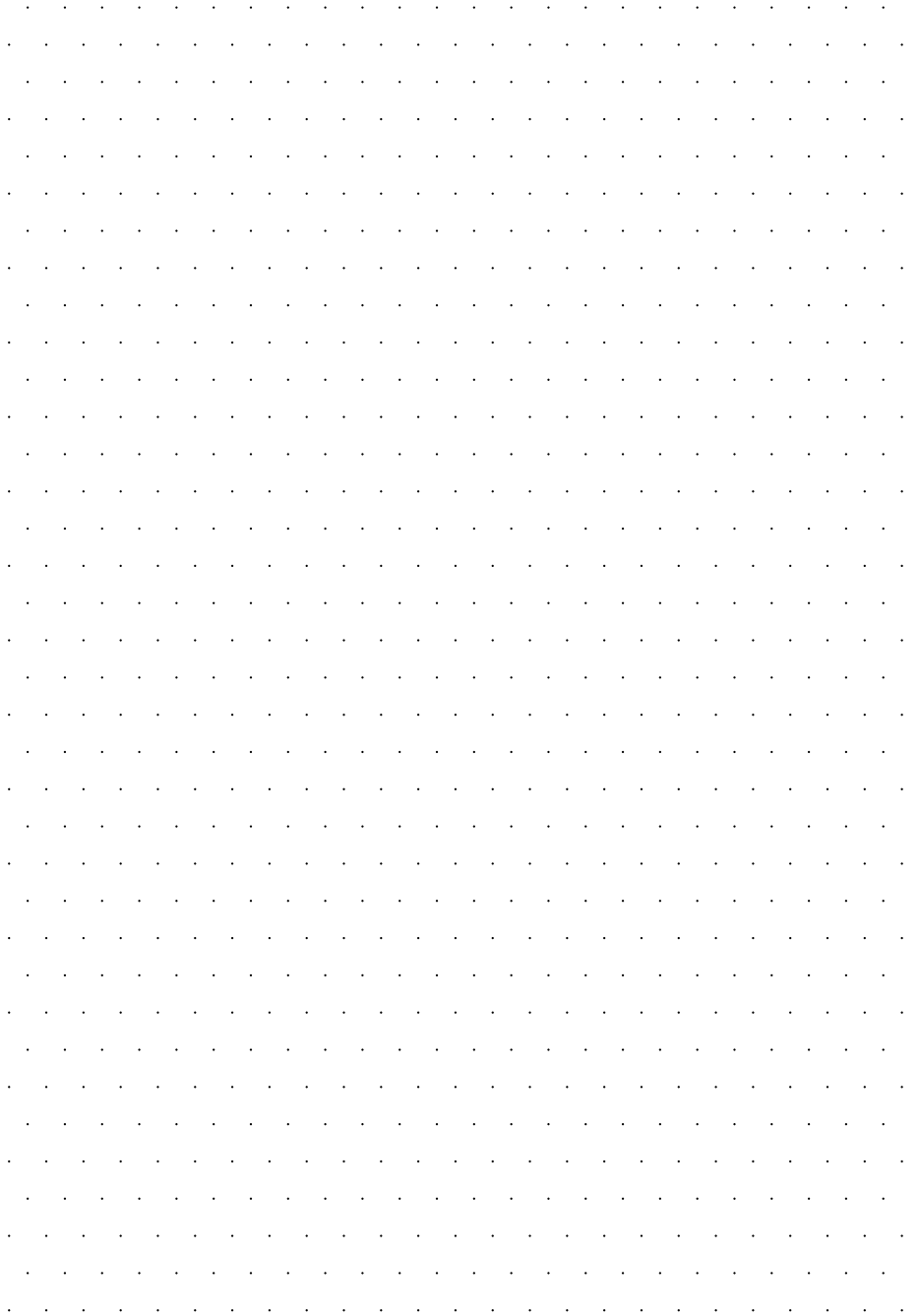


# triangular

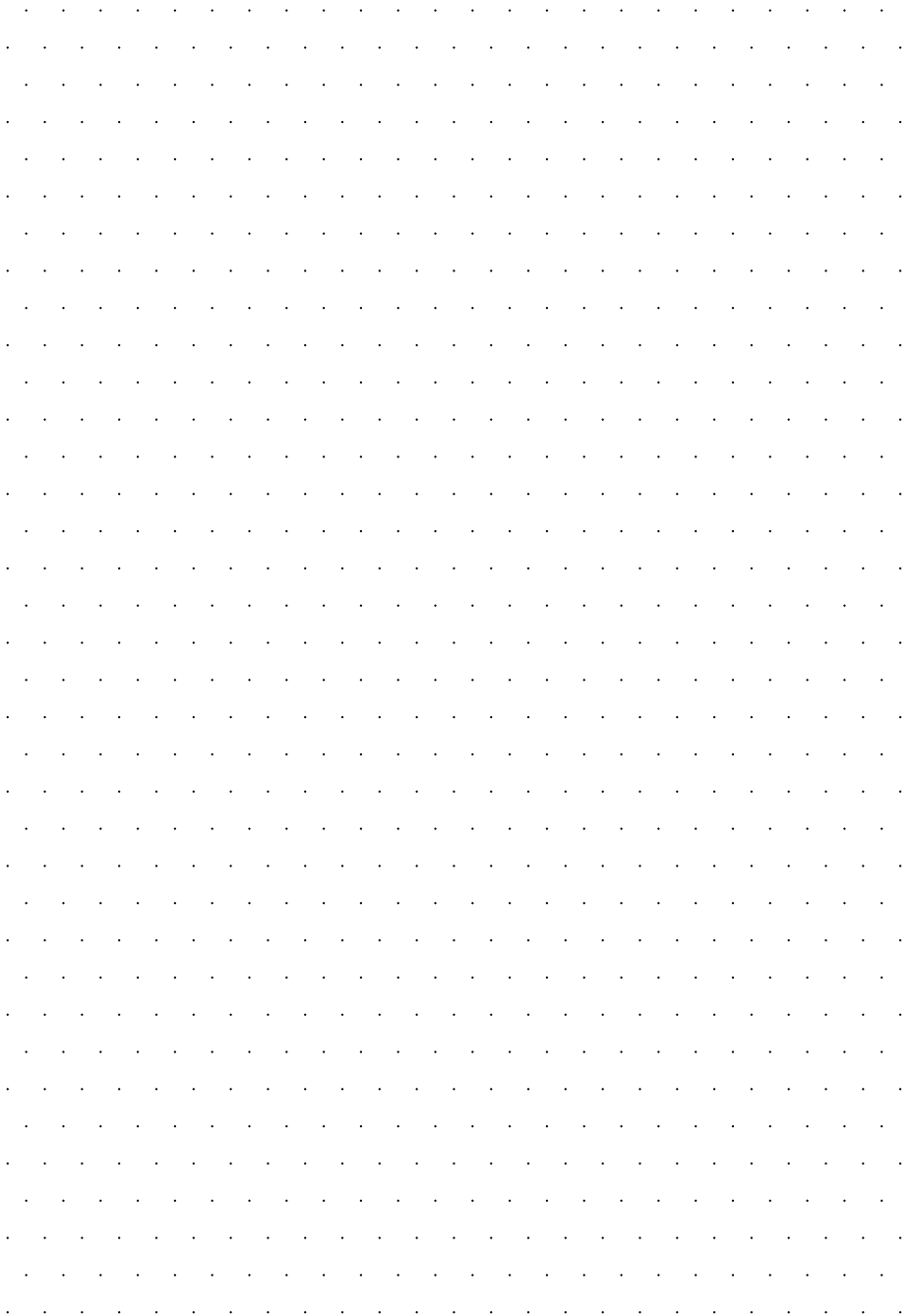




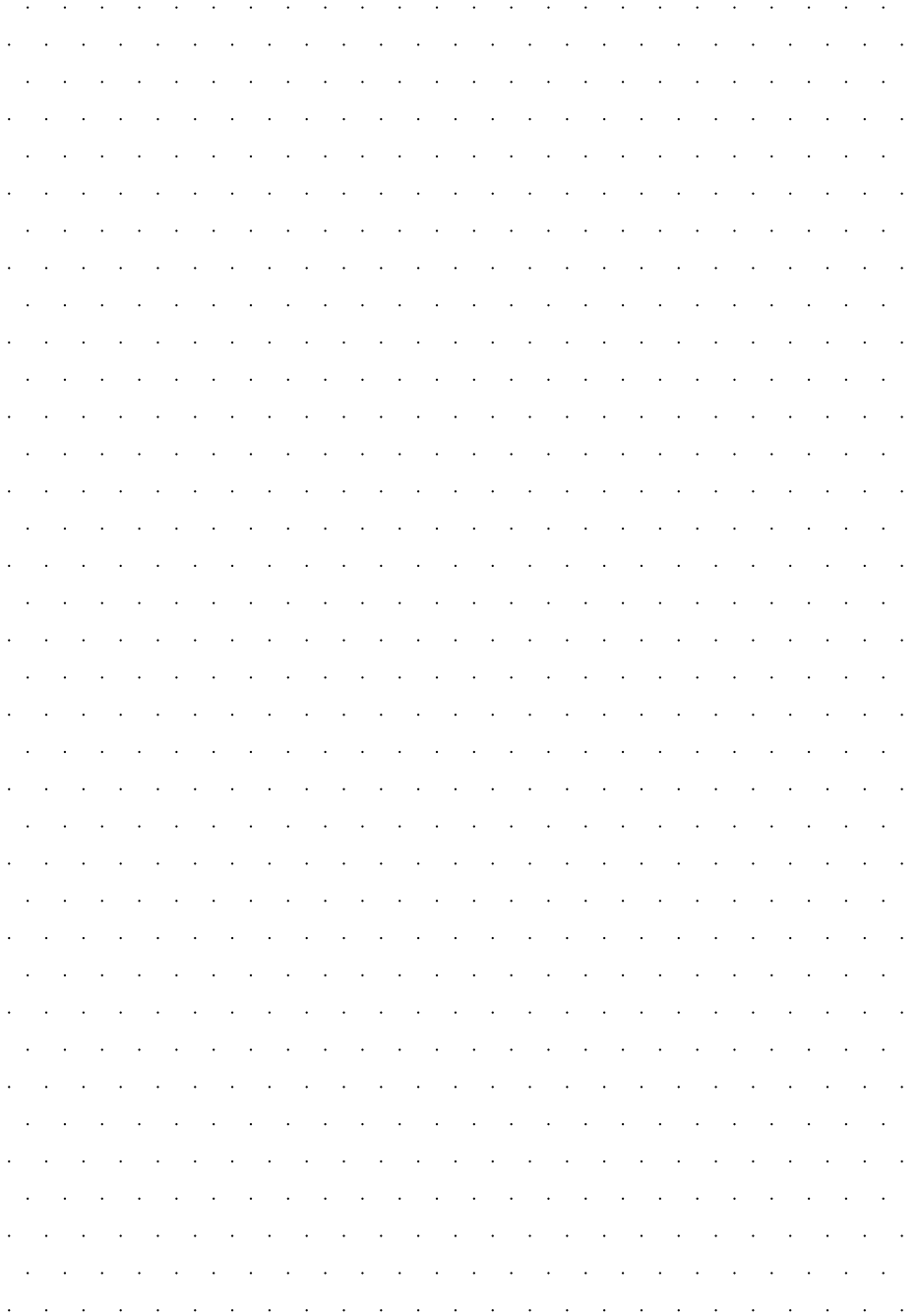
# triangular



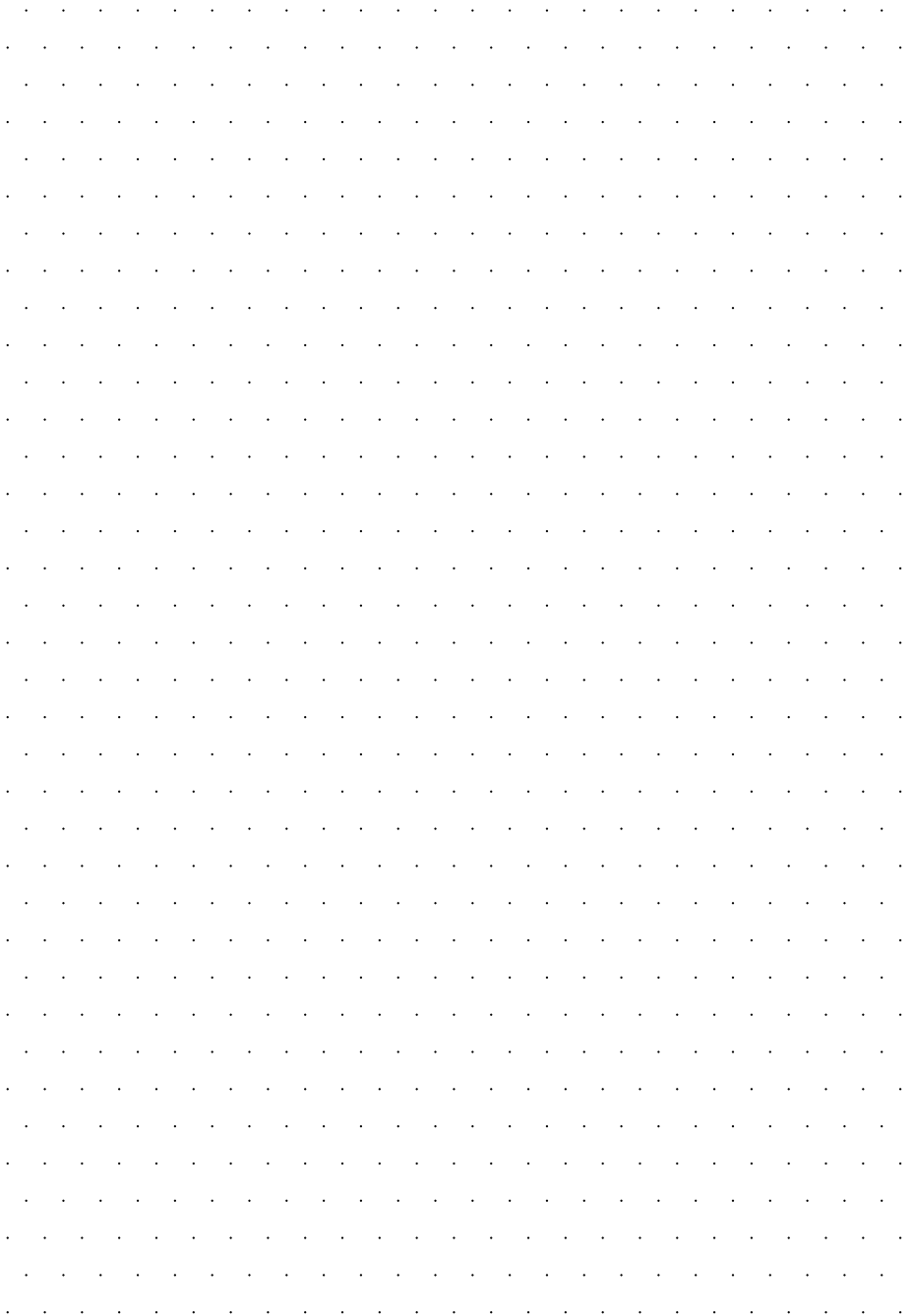
# triangular



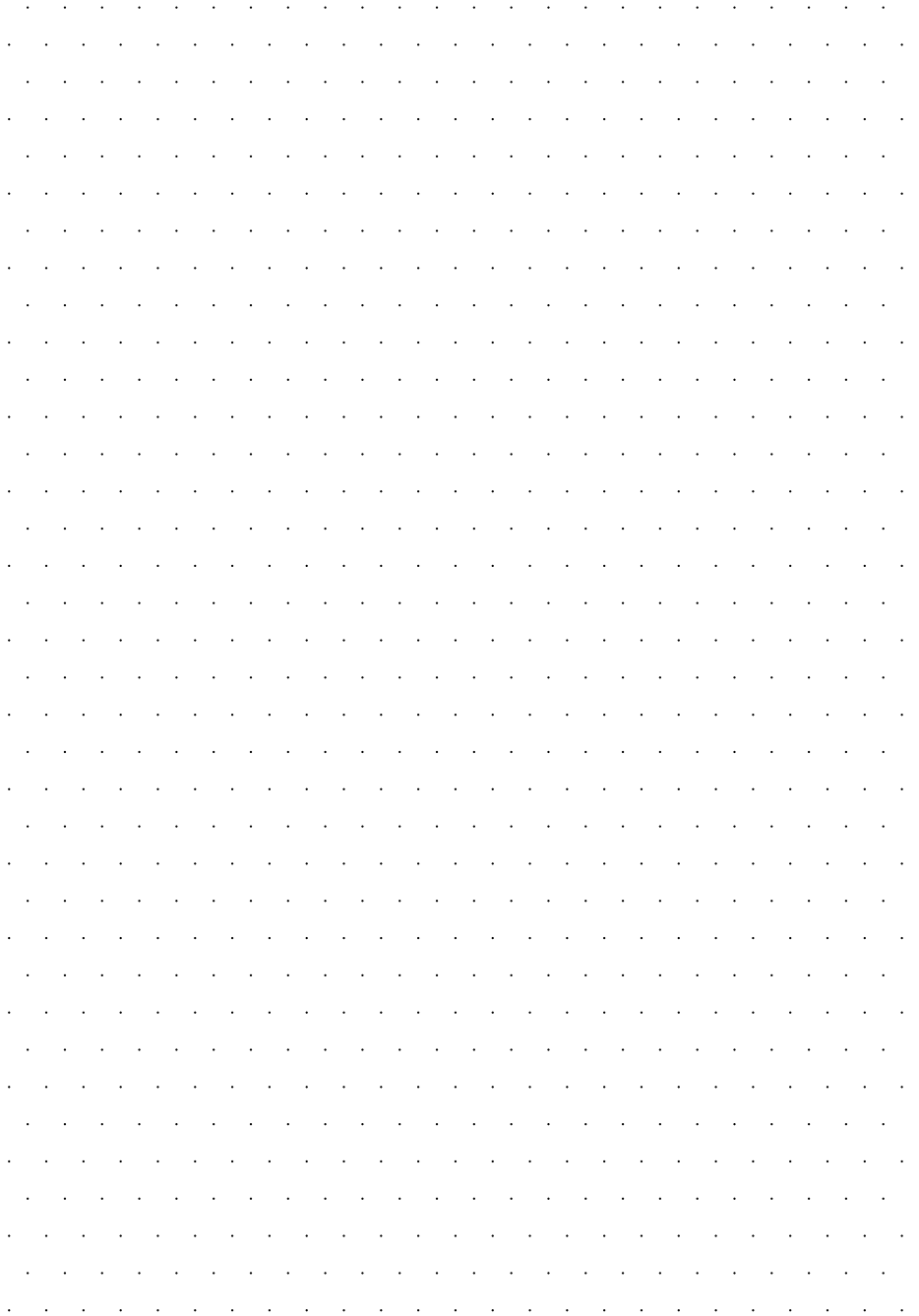
# triangular



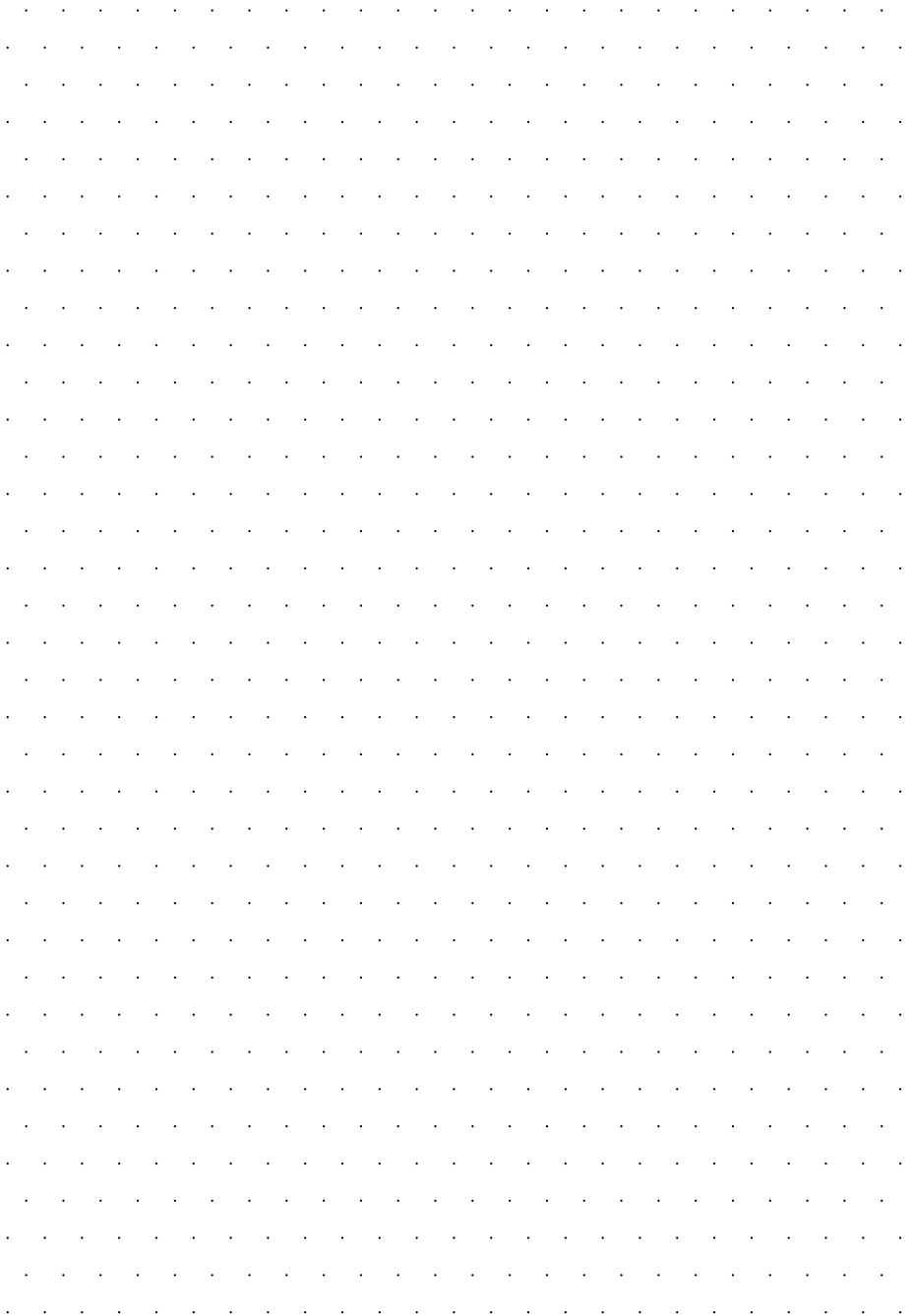
# triangular



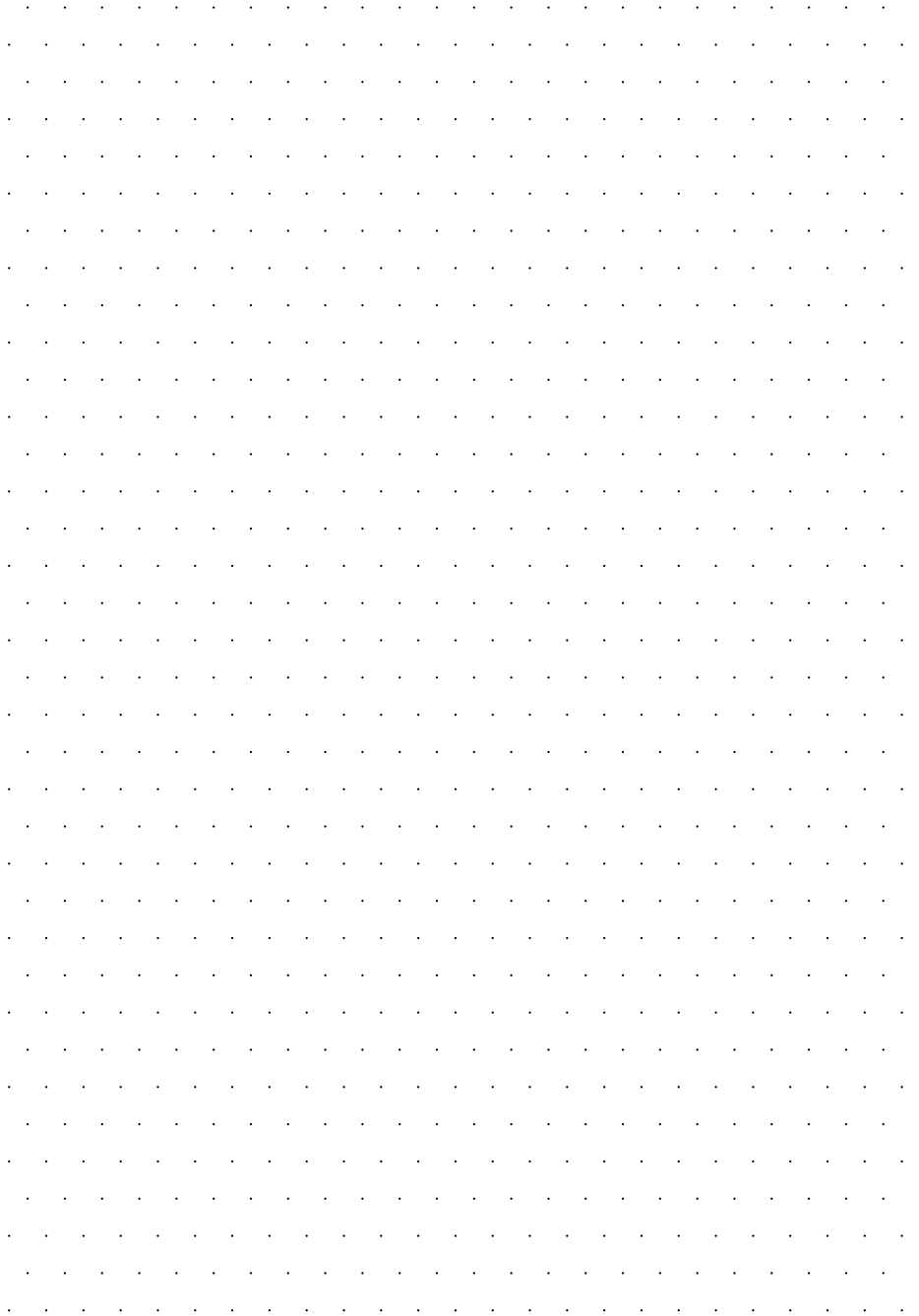
# triangular



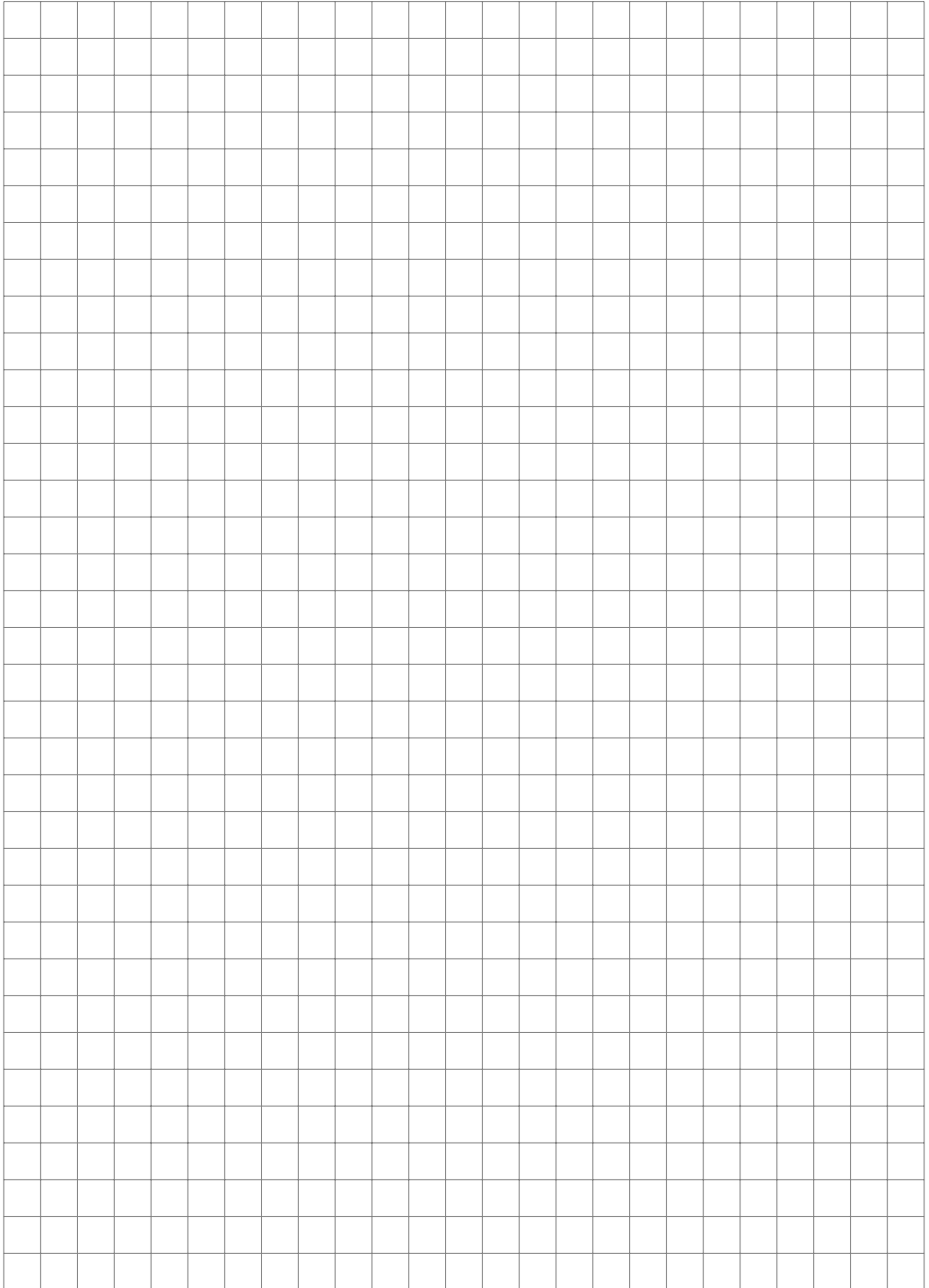
# triangular



# triangular

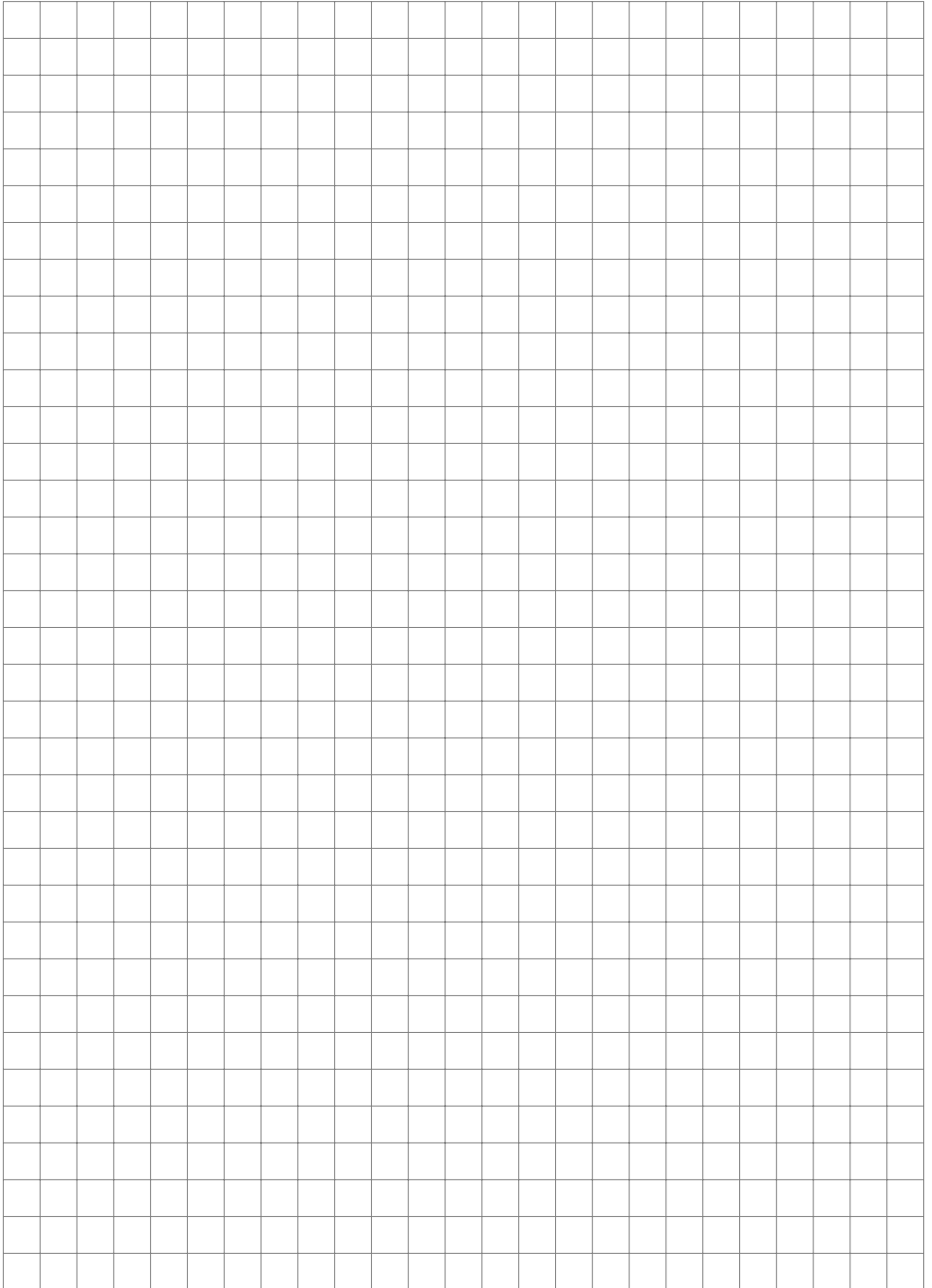


# graph

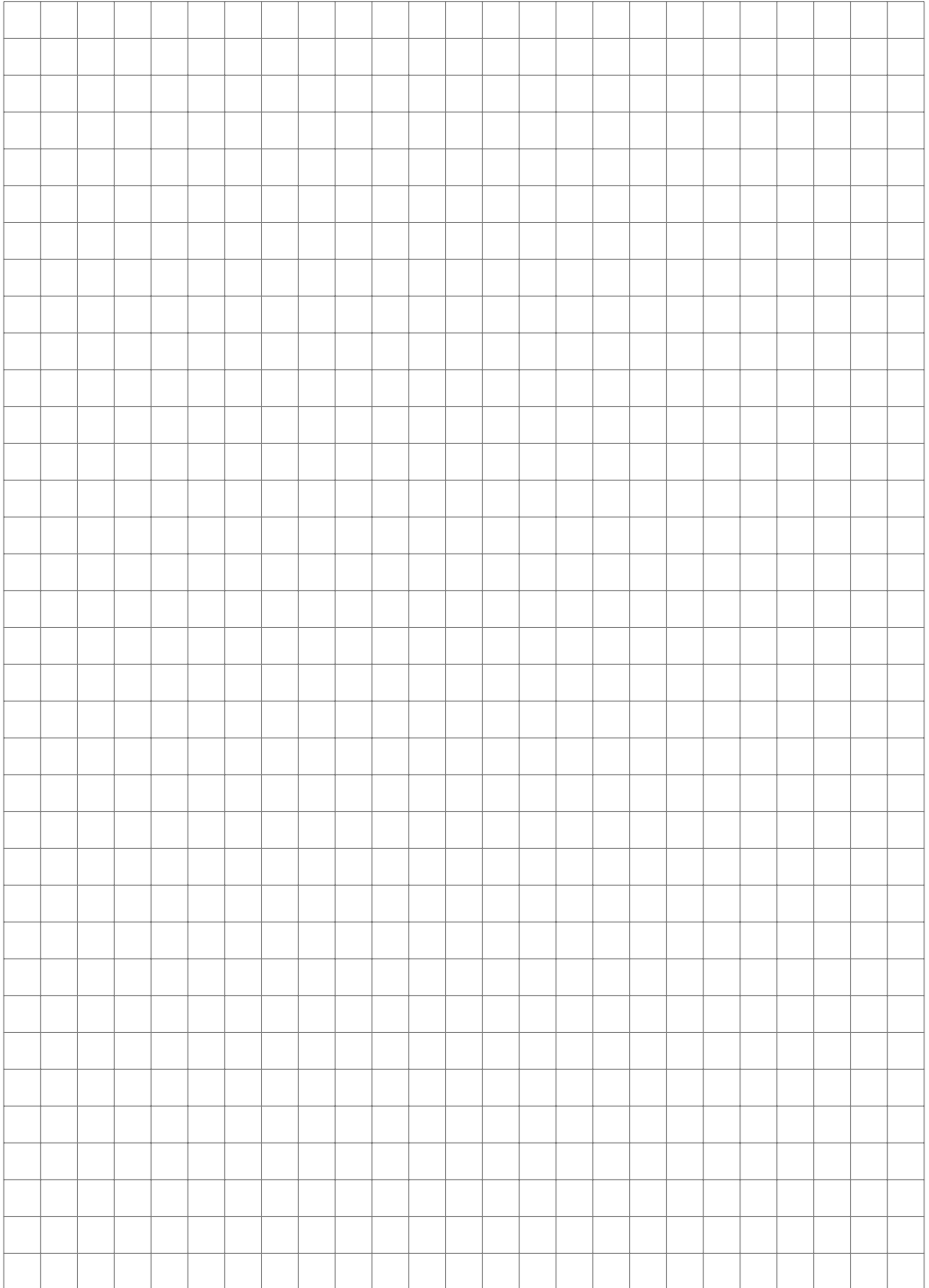




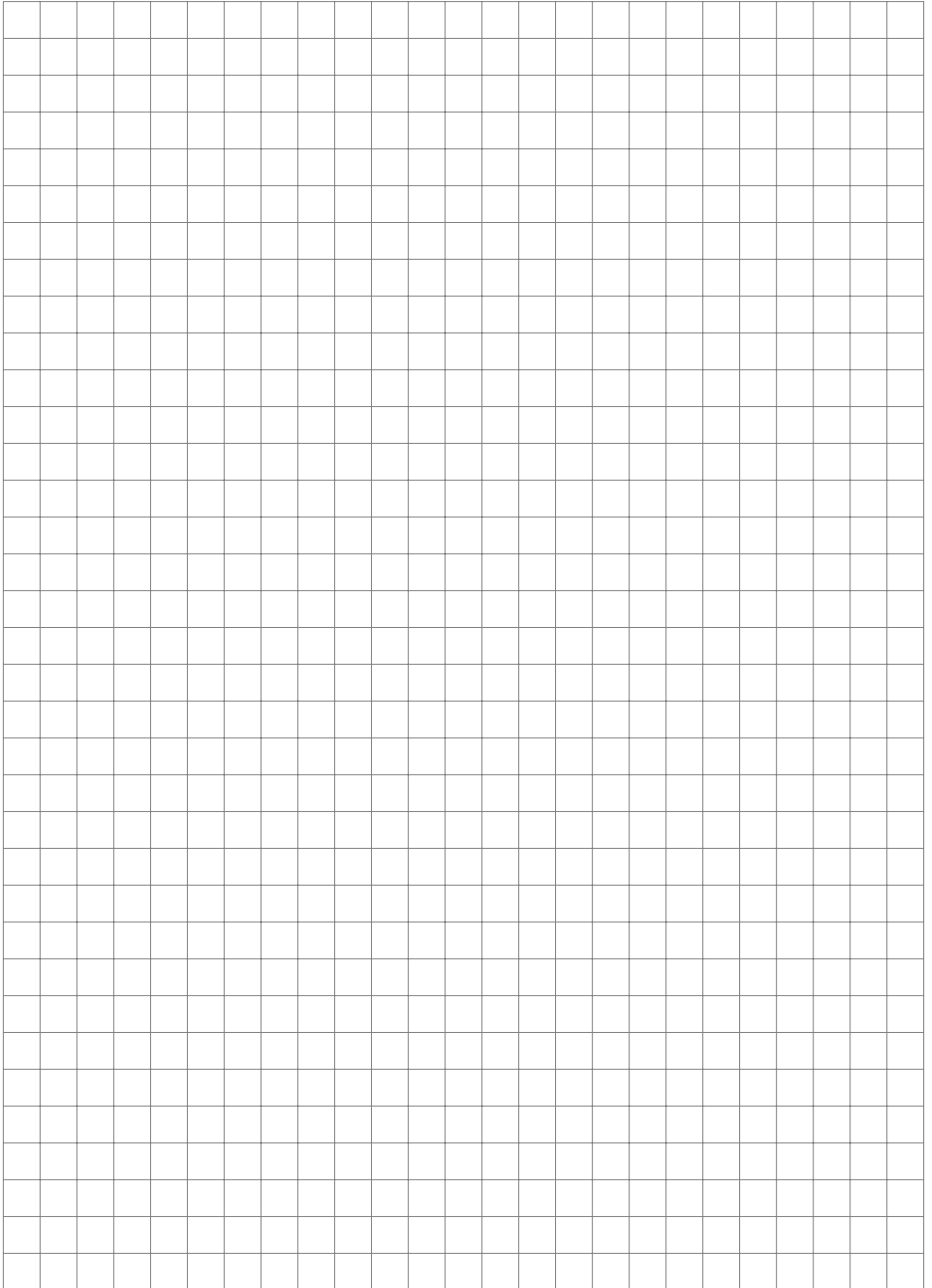
# graph



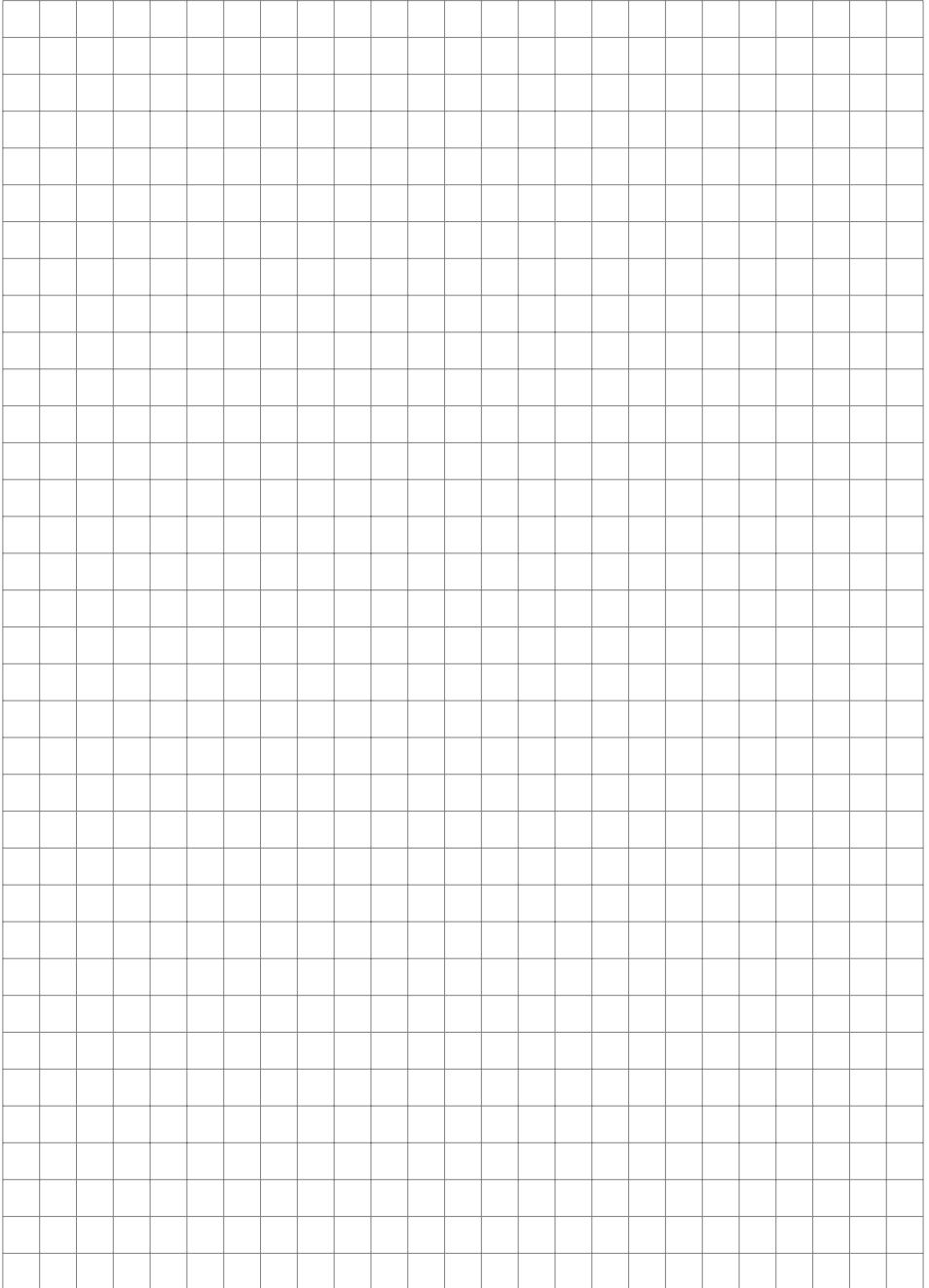
# graph



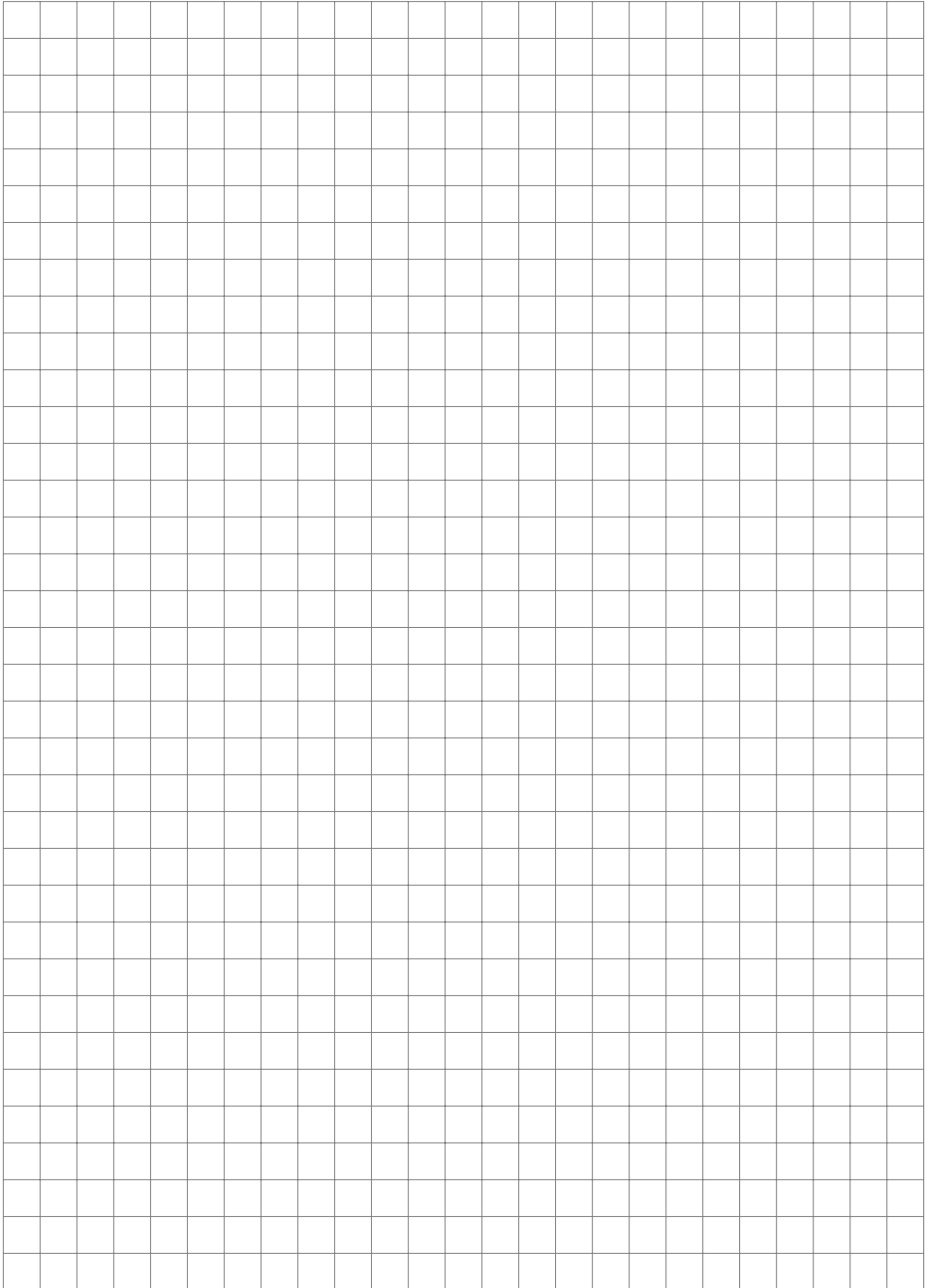
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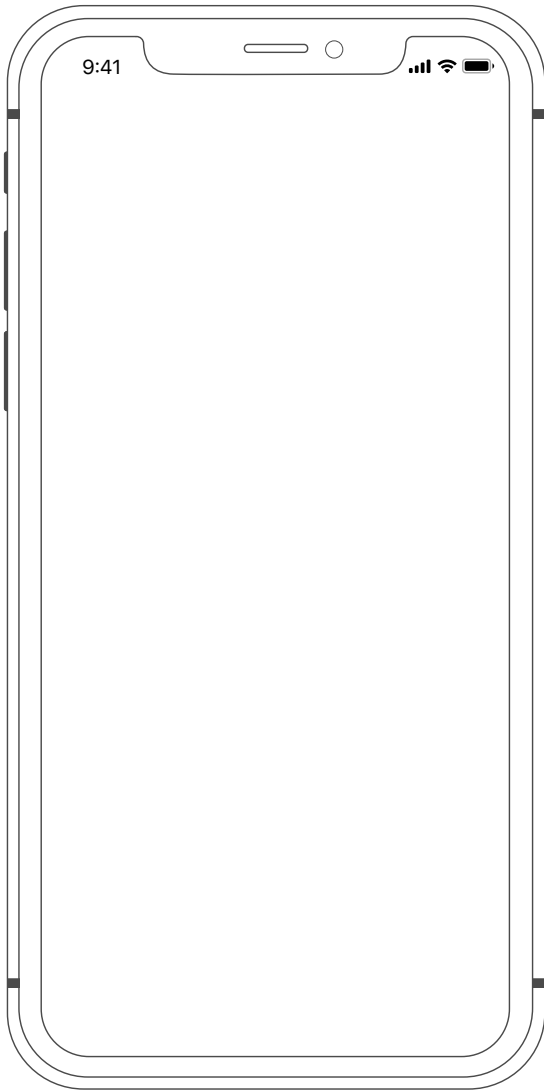
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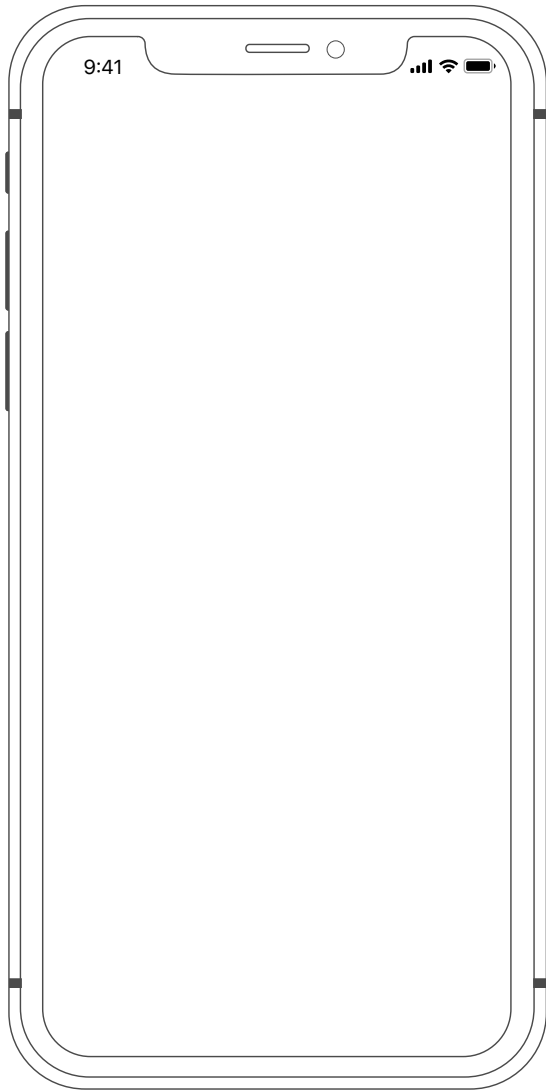
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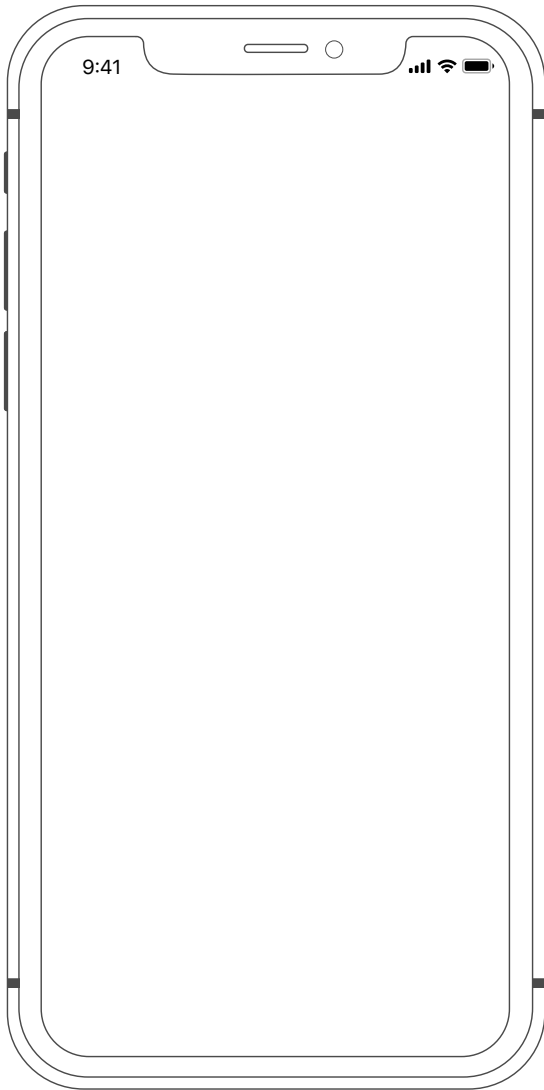
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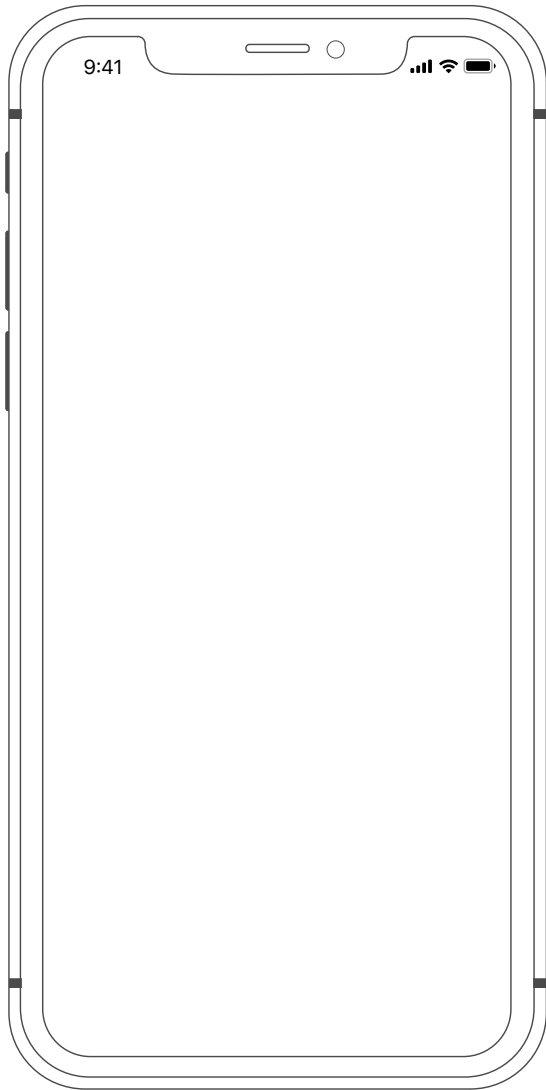
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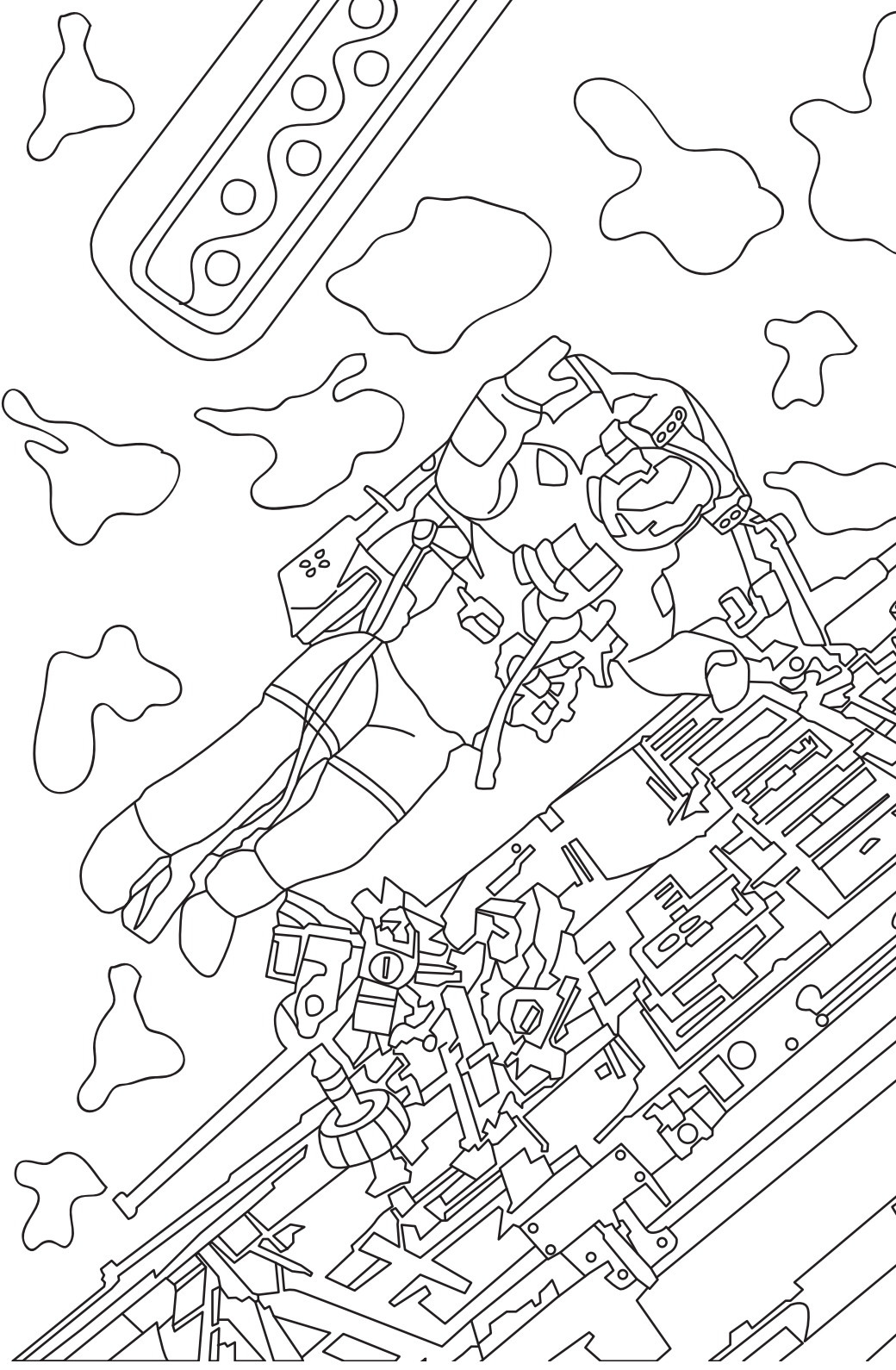




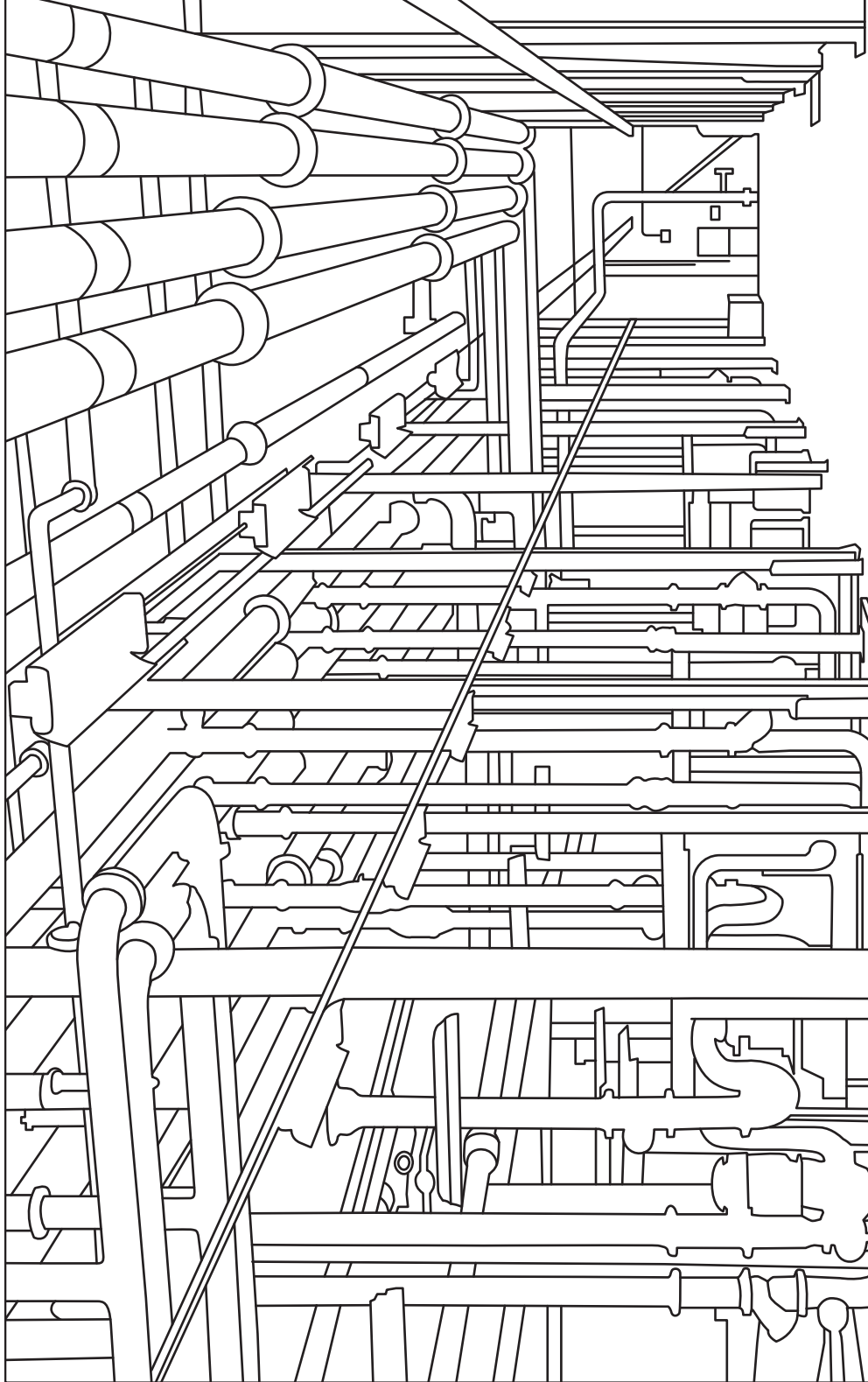






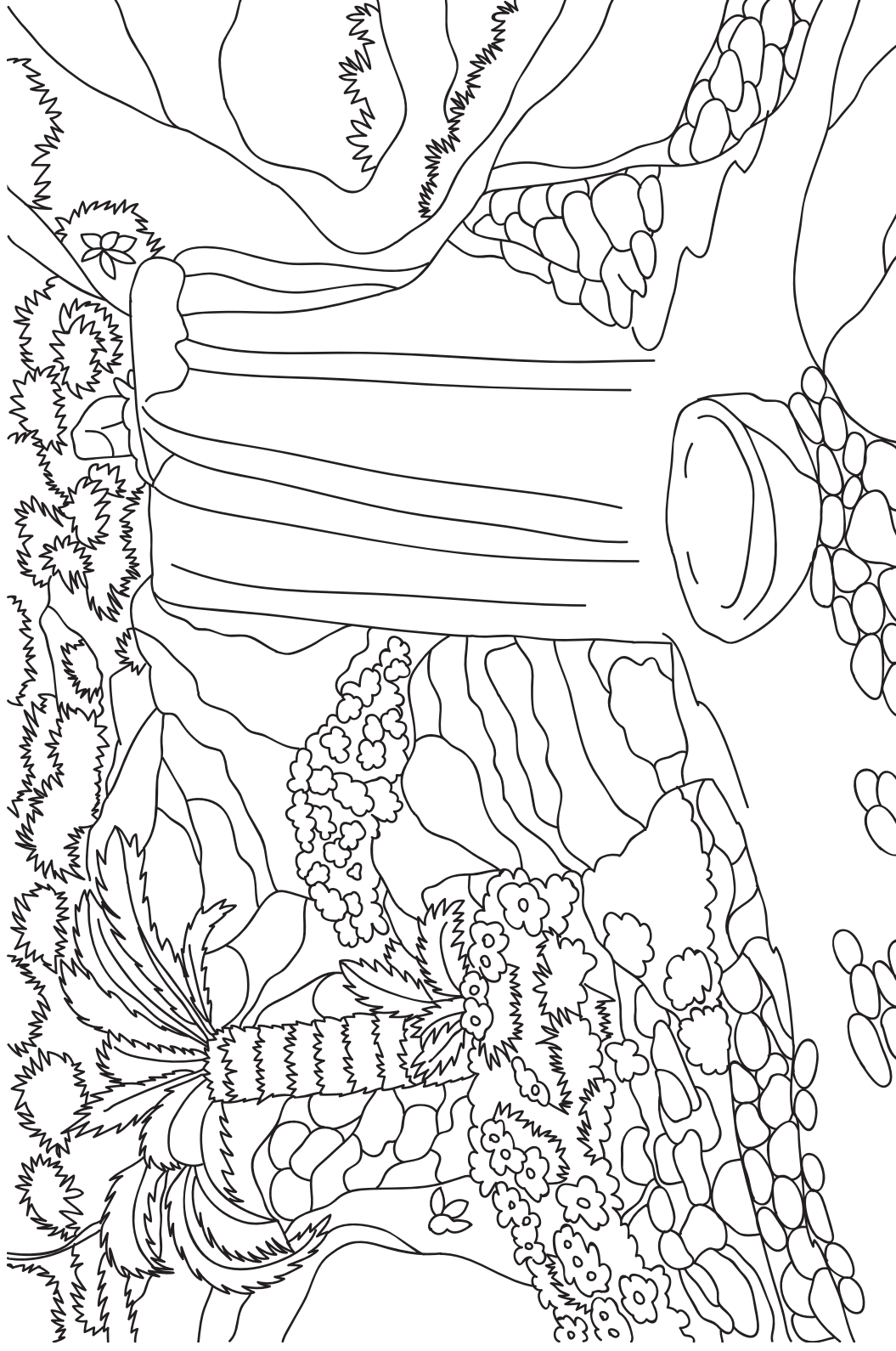




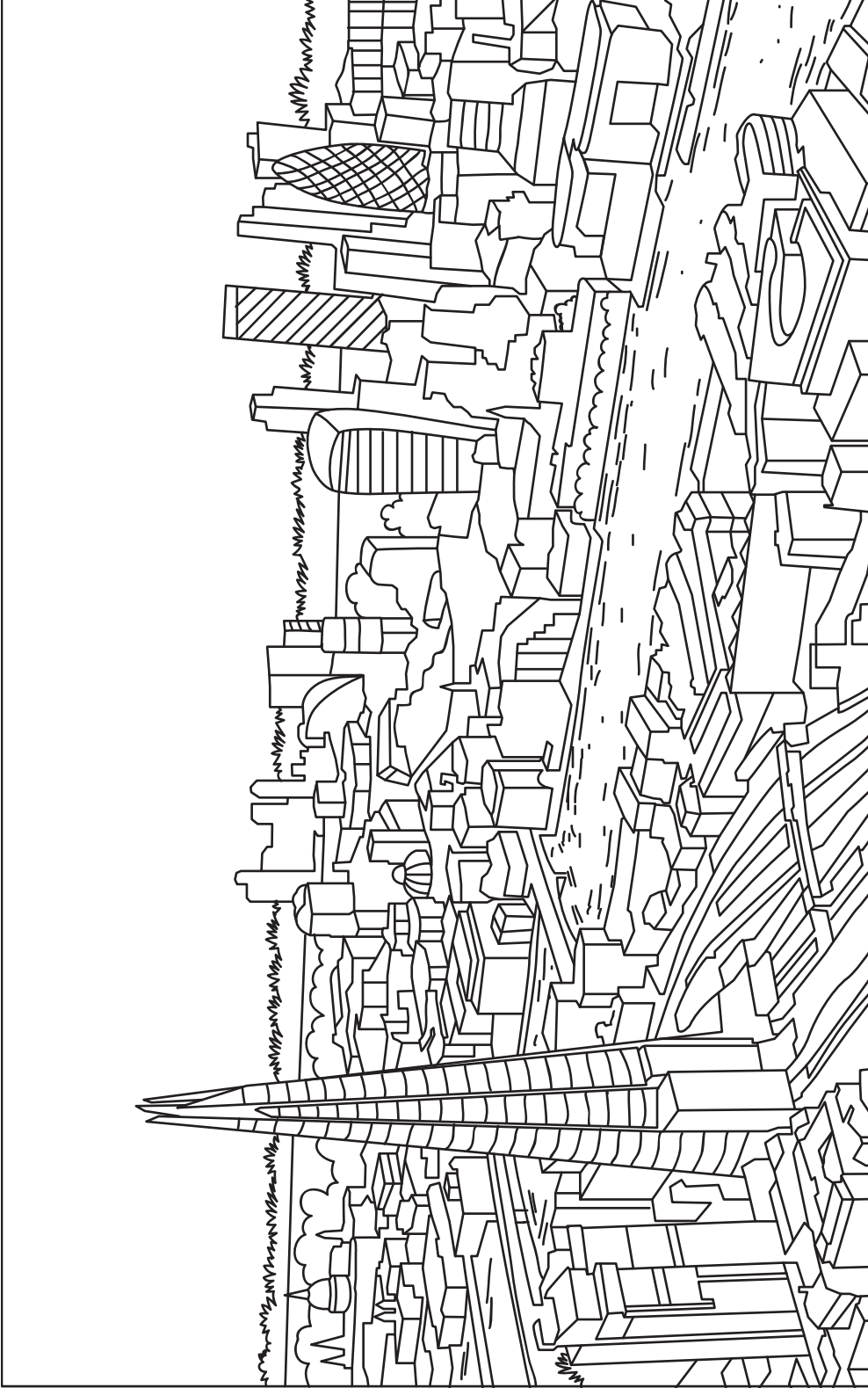














	Symbol	Value	SI unit
Planck constant <i>energy of a quantum of electromagnetic radiation / its frequency</i>	$h$	$6.626\ 18 \times 10^{-34}$	$\text{J s}$
Electron mass <i>mass of a stationary electron</i>	$m_e$	$9.109\ 38 \times 10^{-31}$	$\text{kg}$
Atomic mass unit (Dalton) <i>one twelfth of the mass of an unbound neutral atom of carbon-12</i>	$u$ (Da)	$1.660\ 566 \times 10^{-27}$	$\text{kg}$
Elementary charge <i>electric charge carried by a single proton</i>	$e$	$1.602\ 18 \times 10^{-19}$	$\text{C}$
Electronvolt <i>energy gained by charge of electron thru potential difference of one volt</i>	$\text{eV}$	$1.602\ 18 \times 10^{-19}$	$\text{J}$
Bohr radius <i>distance between the proton and electron in a hydrogen atom</i>	$a_0$	$5.291\ 77 \times 10^{-11}$	$\text{m}$
Faraday constant <i>magnitude of electric charge per mole of electrons</i>	$F$	$9.6485 \times 10^4$	$\text{C mol}^{-1}$
Speed of light in a vacuum	$c_0$	$2.997\ 925 \times 10^8$	$\text{m s}^{-1}$
Astronomical unit <i>roughly the distance from Earth to the Sun</i>	$ua$	$1.495\ 98 \times 10^{11}$	$\text{m}$
Avogadro number <i>atoms or molecules in a mole</i>	$N_A$	$6.022\ 04 \times 10^{23}$	$\text{mol}^{-1}$

Table 1: Some Fundamental Constants

	2	3	4	5	6	7
0	!	0	@	P	'	p
1	"	1	A	Q	a	q
2	#	2	B	R	b	r
3	\$	3	C	S	c	s
4	%	4	D	T	d	t
5	&	5	E	U	e	u
6	'	6	F	V	f	v
7	(	7	G	W	g	w
8	)	8	H	X	h	x
9	*	9	I	Y	i	y
a	+	:	J	Z	j	z
b	,	;	K	[	k	{
c	-	<	L	\	l	
d	.	=	M	]	m	}
e	/	>	N	^	n	~
f		?	O	_	o	del

Table 2: ASCII Printable Characters;  
 ● - 1st hex digit, ▼ - 2nd hex digit

Operation	Latency in nanoseconds
L1 cache reference	0.5 ns
Branch mispredict	5 ns
L2 cache reference	7 ns
Main memory reference	100 ns
Send 2K bytes over 1 Gbps network	20,000 ns
Read 1 MB sequentially from memory	250,000 ns
Round trip within same datacenter	500,000 ns
Disk seek	10,000,000 ns
Read 1 MB sequentially from disk	20,000,000 ns
Send packet California->Europe->California	150,000,000 ns

Table 3: Latency of key compute operations

Countries by population			
China	1,376	Mexico	122
India	1,288	Philippines	103
United States	323	Ethiopia	92
Indonesia	259	Vietnam	92
Brazil	206	Egypt	91
Pakistan	193	DR Congo	85
Nigeria	187	Germany	81
Bangladesh	160	Iran	79
Russia	147	Turkey	79
Japan	127	Thailand	65

Table 4: Population data: millions 2016