## 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

## Contact Details

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## 2019



| March |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Tue | Wed | Thu | Fri | Sat |  |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| June |  |  |  |  |  |  |
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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| September |  |  |  |  |  |  |
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| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
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| December |  |  |  |  |  |  |
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## 2019 Objectives

## Annual Objective

## Key Results

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## Annual Objective

## Key Results

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## Annual Objective

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## Annual Objective

## Key Results

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## Q1 Objectives

## Objective \& Key Results

## Objective \& Key Results

Objective \& Key Results

## Daily metrics



## January



| Thursday | Friday | Saturday | Sunday |
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| $\left.\right\|^{3}$ | 4 | $5$ | $6$ |
| $\left.\right\|^{10}$ | $\qquad$ | $12$ | $13$ |
| $\left.\right\|^{17}$ | $18$ | $19$ | $20$ |
| 24 | $25$ | $26$ | $27$ |
| 31 | $1$ | 2 | 3 |

## February






## Q2 Objectives

## Objective \& Key Results

## Objective \& Key Results

Objective \& Key Results

## Daily metrics



## April

| * $\times$ | Monday | Tuesday | Wednesday |
| :---: | :---: | :---: | :---: |
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|  | 22 | 23 | 24 |
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| March |  |  |  |
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| May | 29 | 30 | ${ }^{1}$ |
| Mon Tue Wed Thu Fri sat sun |  |  |  |
| $\begin{array}{llllll}1 & 2 & 3 & 4 & 5\end{array}$ |  |  |  |
| $\begin{array}{cccccc} 6 & 7 & 8 & 9 & 10 & 11 \\ 13 & 12 \\ 13 & 14 & 15 & 16 & 17 & 18 \end{array}$ |  |  |  |
| $\begin{array}{lllllll}20 & 21 & 22 & 23 & 24 & 25 & 26\end{array}$ |  |  |  |
| ${ }^{27} 2828{ }^{29} 3031$ |  |  |  |




| Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: |
| $\left.\right\|^{2}$ | $3$ | 4 | $5$ |
| $9$ | $10$ | $11$ | $12$ |
| $\left.\right\|^{16}$ | $17$ | $18$ | $19$ |
| 23 | $24$ | $25$ | $26$ |
| 30 | $31$ | $1$ | 2 |

## June

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| May |  |  |  |
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| $\begin{array}{lllllll}13 & 14 & 15 & 16 & 17 & 18 & 19\end{array}$ |  |  |  |
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| July | 24 | 25 | 26 |
| Mon Tue Wed Thu Fri Sat Sun |  |  |  |
| $\left.\begin{array}{lllllll} 1 & 2 & 3 & 4 & 5 & 6 & 7 \\ 8 & 9 & 10 & 11 & 12 & 13 & 14 \end{array} \right\rvert\,$ |  |  |  |
| 15 16 17 18 19 20 27 <br> 22 23 24 25 26 27  |  |  |  |
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| 293031 |  |  |  |



Q3 Objectives

## Objective \& Key Results

## Objective \& Key Results

Objective \& Key Results

## Daily metrics



## July



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

## August

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Monday
Tuesday
Wednesday


| September | 26 | 27 | 2 |
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| 9 10 11 12 13 14 15 <br> 16 17 18 18 20 20 20 |  |  |  |
| $\begin{array}{lllllll}23 & 24 & 25 & 26 & 27 & 28 & 29\end{array}$ |  |  |  |
| 30 |  |  |  |


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

## September

| \% ce | Monday | Tuesday | Wednesday |
| :---: | :---: | :---: | :---: |
|  | 26 | 27 | 28 |
|  |  |  |  |
|  | $2$ | $3$ | 4 |
|  | $9$ | $10$ | 11 |
|  | 16 | $17$ | 18 |
| October | 23 | 24 | 25 |
| Mon Tue Wed Thu Fri Sat Sun $\begin{array}{rrrrrrr}  & 1 & 2 & 3 & 4 & 5 & 6 \\ 7 & 8 & 9 & 10 & 11 & 12 & 13 \\ 14 & 15 & 16 & 17 & 18 & 19 & 20 \\ 21 & 22 & 23 & 24 & 25 & 26 & 27 \\ 28 & 29 & 30 & 31 & & & \end{array}$ |  |  |  |



## Q4 Objectives

## Objective \& Key Results

## Objective \& Key Results

Objective \& Key Results

## Daily metrics



## October

| * $\times$ | Monday | Tuesday | Wednesday |
| :---: | :---: | :---: | :---: |
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|  | 14 | 15 | 16 |
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|  |  |  |  |
|  |  |  |  |
|  |  | 22 | 23 |
|  | 21 |  |  |
| September |  |  |  |
| Mon Tue Wed thu fri sat sun |  |  |  |
| $\begin{array}{llllllll}2 & 3 & 4 & 5 & 6 & 7 & 8\end{array}$ |  |  |  |
| 9 $\begin{array}{lllllll}10 & 11 & 12 & 13 & 14 & 15\end{array}$ |  |  |  |
| $\begin{array}{lllllll}16 & 17 & 18 & 19 & 20 & 21 & 22\end{array}$ |  |  |  |
| $\begin{array}{lllllll}23 & 24 & 25 & 26 & 27 & 28 & 29\end{array}$ |  |  |  |
| 30 November | 28 | 29 | 30 |
| Mon Tue Wed thu Fri sat Sun |  |  |  |
|  |  |  |  |
| $\begin{array}{ccccccc}4 & 5 & 6 & 7 & 8 & 9 & 10 \\ 11 & 12 & 13 & 14 & 15 & 16 & 17 \\ 1 & 19 & 2 & 21 & 22 & & 2\end{array}$ |  |  |  |
| $\begin{array}{lllllll}18 & 19 & 20 & 21 & 22 & 23 & 24\end{array}$ |  |  |  |
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| Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: |
| $\left.\right\|^{3}$ | 4 | $5$ | $6$ |
| $\left.\right\|^{10}$ | $\qquad$ | $12$ | $13$ |
| $\left.\right\|^{17}$ | $18$ | $19$ | $20$ |
| 24 | $25$ | $26$ | $27$ |
| 31 | $1$ | 2 | 3 |

## November




## December




## Week 1

Week Goals
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Monday 31 Dec $\infty$ $\checkmark$ Q
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Tuesday 1 Jan $-$
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Wednesday 2 Jan $\infty$

## Thursday 3 Jan

Q $\qquad$
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Friday 4 Jan
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Q $\qquad$
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Sat 5 Jan \& Sun 6 Jan $\theta$
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How did it go? Notes

Enjoyed it<br>Got stuff done<br>Progressed goals Learning<br>(1)(2)(3)(4)5<br>(1)(2)(4)(4) 5<br>(1)(2)(4)(4)5<br>(1)(2)(3)(4) 5

## Week 2

Week Goals
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Monday 7 Jan $\infty$

Tuesday 8 Jan $\infty$
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Wednesday 9 Jan $\infty$

## Thursday 10 Jan

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Friday 11 Jan
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Sat 12 Jan \& Sun 13 Jan $\theta$
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How did it go? Notes

| Enjoyed it | (1)(2)(3)4)5 |
| :---: | :---: |
| Got stuff done | (1)(2)(3)(4) |
| Progressed goals | (1)(2)(4)(5) |
| Learning | (1)(2)(4)(5) |

Enjoyed it
Got stuff done
Progressed goals Learning
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## Week 3

Week Goals
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Monday 14 Jan $\infty$ $\checkmark$ *
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Tuesday 15 Jan $\rightarrow$
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Wednesday 16 Jan $\infty$
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## Thursday 17 Jan

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Friday 18 Jan
$\theta$
$\checkmark$
Q $\qquad$
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Sat 19 Jan \& Sun 20 Jan $\theta$
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How did it go? Notes

| Enjoyed it | (1)(2)(3)4(5) |
| :---: | :---: |
| Got stuff done | (1)2(3)(4)5 |
| Progressed goals | (1)(2)(4)(4) |
| Learning | (1)(2)(4)(5) |

Enjoyed it
Got stuff done
Progressed goals Learning
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## Week 4

Week Goals

Monday 21 Jan
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Tuesday 22 Jan
$\rightarrow$
$\checkmark$
Q $\qquad$
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Wednesday 23 Jan $\infty$
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## Thursday 24 Jan

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Friday 25 Jan

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Sat 26 Jan \& Sun 27 Jan $\theta$
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How did it go? Notes

Enjoyed it<br>Got stuff done<br>Progressed goals Learning<br>(1)(2)(3)4(5)<br>(1)(2)(4)(4) 5<br>(1)(2)(4)(4)5<br>(1)(2)(3)(4)5

## Week 5

Week Goals
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Monday 28 Jan $\infty$

Tuesday 29 Jan $\infty$
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Wednesday 30 Jan $\infty$ Q

## Thursday 31 Jan

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Q $\qquad$
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Friday 1 Feb
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Q $\qquad$
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Sat 2 Feb \& Sun 3 Feb $\rightarrow \quad \checkmark$ Q $\qquad$
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How did it go? Notes

Enjoyed it
Got stuff done
Progressed goals Learning
(1)(2)(3)(4)5
(1)(2)(4)(4) 5
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(1)(2)(3)(4)5
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## Week 6

Week Goals
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Monday 4 Feb $\infty$ $\checkmark$ Q

Tuesday 5 Feb $\infty$
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Wednesday 6 Feb $\infty$ 2

## Thursday 7 Feb

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Friday 8 Feb $\infty$ $\checkmark$ Q
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Sat 9 Feb \& Sun 10 Feb $\theta$
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How did it go? Notes

Enjoyed it
Got stuff done
Progressed goals Learning
(1)(2)(3)(4)5
(1)(2)(4)(4) 5
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(1)(2)(3)(4)5
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## Week 7

Week Goals
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Monday 11 Feb $\rightarrow$ $\checkmark$ Q
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Tuesday $12 \mathrm{Feb} \checkmark \checkmark$
Q $\qquad$ $\longrightarrow$
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Wednesday 13 Feb $\infty$
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## Thursday 14 Feb

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Friday 15 Feb


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Sat 16 Feb \& Sun 17 Feb $\theta$
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How did it go? Notes

Enjoyed it
Got stuff done
Progressed goals Learning
(1)(2)(3)(4)5
(1)(2)(4)(4) 5
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## Week 8

Week Goals
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Monday 18 Feb $\infty$ $\checkmark$ Q

Tuesday 19 Feb 2) $\qquad$ $\longrightarrow$
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Wednesday 20 Feb $\infty$
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## Thursday 21 Feb

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Friday 22 Feb


Q $\qquad$
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Sat 23 Feb \& Sun 24 Feb $\checkmark \quad \checkmark$ Q $\qquad$
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How did it go? Notes

Enjoyed it<br>Got stuff done<br>Progressed goals Learning<br>(1)(2)(3)(4)5<br>(1)(2)(4)(4) 5<br>(1)(2)(4)(4)5<br>(1)(2)(3)(4)5

## Week 9

Week Goals
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Monday 25 Feb $\infty$ $\checkmark$ 2
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Tuesday 26 Feb $\infty$
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$\qquad$
$\qquad$
$\qquad$
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Wednesday 27 Feb $\infty$

## Thursday 28 Feb

Q $\qquad$
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## Friday 1 Mar



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Sat 2 Mar \& Sun 3 Mar $-0$
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How did it go? Notes

Enjoyed it<br>Got stuff done<br>Progressed goals Learning<br>(1)(2)(3)(4)5<br>(1)(2)(4)(4) 5<br>(1)(2)(4)(4)5<br>(1)(2)(3)(4)5

## Week 10

Week Goals

Monday 4 Mar
$\infty$


Q

Tuesday 5 Mar
2 $\qquad$ $\longrightarrow$
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Wednesday 6 Mar $\theta$
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## Thursday 7 Mar

Q $\qquad$
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Friday 8 Mar
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Q $\qquad$
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Sat 9 Mar \& Sun 10 Mar $\theta$
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How did it go? Notes

| Enjoyed it | (1)(2)(3)4)5 |
| :---: | :---: |
| Got stuff done | (1)(2)(3)(4) |
| Progressed goals | (1)(2)(4)(5) |
| Learning | (1)(2)(4)(5) |

Enjoyed it
Got stuff done
Progressed goals Learning
$\qquad$

## Week 11

Week Goals
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Monday 11 Mar $\infty$ $\checkmark$ Q
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Tuesday 12 Mar 2 $\qquad$ $\longrightarrow$
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Wednesday 13 Mar $\infty$
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## Thursday 14 Mar

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Friday 15 Mar
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Sat 16 Mar \& Sun 17 Mar $\theta$
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How did it go? Notes

| Enjoyed it | (1)(2)(3)4)5 |
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| Got stuff done | (1)(2)(3)(4) |
| Progressed goals | (1)(2)(4)(5) |
| Learning | (1)(2)(4)(5) |

Enjoyed it
Got stuff done
Progressed goals Learning
(1)(2)(4)(5)
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## Week 12

Week Goals
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Monday 18 Mar $\infty$ $\checkmark$ (2)

Tuesday 19 Mar 2 $\qquad$ $\longrightarrow$
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Wednesday 20 Mar $\infty$
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## Thursday 21 Mar

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Friday 22 Mar


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Sat 23 Mar \& Sun 24 Mar 0
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How did it go? Notes

Enjoyed it
Got stuff done
Progressed goals Learning
(1)(2)(3)(4)5
(1)(2)(4)(4) 5
(1)(2)(4)(4) 5
(1)(2)(3)(4)5
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## Week 13

Week Goals
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Monday 25 Mar $\infty$ $\checkmark$ Q

Tuesday 26 Mar 2 $\qquad$ $\longrightarrow$
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Wednesday 27 Mar $\infty$
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## Thursday 28 Mar

Q $\qquad$
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Friday 29 Mar
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Sat 30 Mar \& Sun 31 Mar $\theta$
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How did it go?

| Enjoyed it | (1)(2)(3)4)5 |
| :---: | :---: |
| Got stuff done | (1)(2)(3)(4) |
| Progressed goals | (1)(2)(4)(5) |
| Learning | (1)(2)(4)(5) |

Enjoyed it
Got stuff done
Progressed goals Learning

Notes
(1)(2)(3)(4)5
(1)(2)(4)(4) 5
(1)(2)(4)(4) 5
(1)(2)(4)(4)

## Week 14

Week Goals
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Monday 1 Apr $\rightarrow$
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Tuesday 2 Apr $-$
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Wednesday 3 Apr $\infty$

## Thursday 4 Apr

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## Friday 5 Apr

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Q $\qquad$
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Sat 6 Apr \& Sun 7 Apr $\qquad$ or

Q $\qquad$ $\longrightarrow$
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How did it go?
Enjoyed it
Got stuff done
Progressed goals Learning

Notes
(1)(2)(3)4(5)
(1)(2)(3)(4) 5
(1)(2)(4)(4) 5
(1)(2)(3)(4)5

## Week 15

Week Goals
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Monday 8 Apr $\infty$ $\checkmark$ Q

Tuesday 9 Apr
2) $\qquad$ $\infty$ $\checkmark$
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Wednesday 10 Apr $\infty$

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## Thursday 11 Apr

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## Friday 12 Apr

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Sat 13 Apr \& Sun 14 Apr
Q
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How did it go?
Enjoyed it
(1)(2)(3)4(5)

Got stuff done
Progressed goals Learning

Notes

## Week 16

Week Goals
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Monday 15 Apr $\infty$ $\checkmark$ Q

## Tuesday 16 Apr

© $\qquad$ $\longrightarrow$
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Wednesday 17 Apr $\infty$
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## Thursday 18 Apr

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## Friday 19 Apr

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Sat 20 Apr \& Sun 21 Apr $\qquad$ $\infty$
Q
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How did it go?
Enjoyed it
Got stuff done
Progressed goals Learning

Notes

## Week 17

Week Goals

Monday 22 Apr
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Q

Tuesday 23 Apr $\infty$
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Wednesday 24 Apr $\infty$
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## Thursday 25 Apr

 $\infty$Q $\qquad$ $\longrightarrow$
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## Friday 26 Apr

$\infty$

## Q

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Sat 27 Apr \& Sun 28 Apr
Q
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How did it go?
Enjoyed it
Got stuff done
Progressed goals Learning

Notes

## Week 18

Week Goals

Monday 29 Apr $\infty$ $\checkmark$ Q

Tuesday 30 Apr $\infty$
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Wednesday 1 May $\infty$

## Thursday 2 May

 $\infty$Q

Friday 3 May
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Q $\qquad$
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$\qquad$
Sat 4 May \& Sun 5 May $\infty$
Q $\qquad$
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How did it go?
Enjoyed it Got stuff done
Progressed goals Learning
(1)(2)(3)4(5)
(1)(2)(3)(4)5
(1)(2)(4)(4) 5
(1)(2)(3)(4)5

Notes
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## Week 19

Week Goals

Monday 6 May
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Q

Tuesday 7 May
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Wednesday 8 May $\infty$

## Thursday 9 May

 $\infty$Q

Friday 10 May
$\infty$

## Q

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$\qquad$
Sat 11 May \& Sun 12 May
$\qquad$ $-$ $\rightarrow \quad \checkmark$ Q $\qquad$
$\qquad$ $\longrightarrow$ $\qquad$
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How did it go?
Enjoyed it
Got stuff done
Got stuff done
Progressed goals Learning
(1)(2)(3)4(5)
(1)(2)(3)(4)5
(1)(2)(3)(4) 5
(1)(2)(3)(4)

Notes
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## Week 20

Week Goals
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Monday 13 May $\infty$ $\checkmark$ Q
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Tuesday 14 May $\infty$
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Wednesday 15 May $\infty$
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## Thursday 16 May

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Friday 17 May


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Sat 18 May \& Sun 19 May $\infty$

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How did it go?
Enjoyed it
Got stuff done
Progressed goals Learning

Notes
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## Week 21

Week Goals

Monday 20 May $\infty$

## Tuesday 21 May

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Wednesday 22 May $\infty$
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## Thursday 23 May

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Friday 24 May
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Q $\qquad$
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Sat 25 May \& Sun 26 May
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How did it go?
Enjoyed it
Got stuff done
Got stuff done
Progressed goals Learning
(1)(2)(3)(4)5
(1)(2)(4)(4) 5
(1)(2)(3)4(5)
(1)(2)(3)(4)5

Notes
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## Week 22

Week Goals
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Monday 27 May $\infty$

## Tuesday 28 May

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Wednesday 29 May $\infty$
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## Thursday 30 May

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Friday 31 May
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Q $\qquad$
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Sat 1 Jun \& Sun 2 Jun $\theta$
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How did it go?
Notes

Enjoyed it
Got stuff done
Progressed goals Learning
(1)(2)(3)4(5)
(1)(2)(4)(4) 5
(1)(2)(3)(4)5
(1)(2)(4)(5)

## Week 23

Week Goals

Monday 3 Jun
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Tuesday 4 Jun
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Wednesday 5 Jun $\infty$

## Thursday 6 Jun

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Friday 7 Jun
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Q $\qquad$
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Sat 8 Jun \& Sun 9 Jun $\theta$
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How did it go? Notes

Enjoyed it
Got stuff done
Progressed goals Learning
(1)(2)(3)4(5)
(1)(2)(4)(4) 5
(1)(2)(4)(4) 5
(1)(2)(3)(4)5
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## Week 24

Week Goals

Monday 10 Jun
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Tuesday 11 Jun $\infty$
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Wednesday 12 Jun $\infty$
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## Thursday 13 Jun

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Friday 14 Jun
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Sat 15 Jun \& Sun 16 Jun $\theta$
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How did it go?

| Enjoyed it | (1)(2)(3)4)5 |
| :---: | :---: |
| Got stuff done | (1)(2)(3)(4) |
| Progressed goals | (1)(2)(4)(5) |
| Learning | (1)(2)(4)(5) |

Got stuff done
Progressed goals Learning

Notes
(1)(2)(3)(4)5
(1)(2)(4)(4) 5
(1)(2)(3)(4) 5
(1)(2)(4)(4)

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## Week 25

Week Goals
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Monday 17 Jun $\infty$ $\checkmark$ Q
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Tuesday 18 Jun $\rightarrow$
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Wednesday 19 Jun $\infty$ Q

Thursday 20 Jun $\infty$
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Friday 21 Jun
Q $\qquad$
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Sat 22 Jun \& Sun 23 Jun $\theta$
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How did it go? Notes

Enjoyed it
Got stuff done
Progressed goals Learning
(1)(2)(3)4(5)
(1)(2)(4)(4)5
(1)(2)(4)(4) 5
(1)(2)(4)(4)
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## Week 26

Week Goals

Monday 24 Jun $\infty$ $\checkmark$ Q

Tuesday 25 Jun $\infty$
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Wednesday 26 Jun $\infty$
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Thursday 27 Jun $\infty$
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Friday 28 Jun


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Sat 29 Jun \& Sun 30 Jun 0
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How did it go? Notes

Enjoyed it<br>Got stuff done<br>Progressed goals Learning<br>(1)(2)(3)(4)(5)<br>(1)(2)(4)(4) 5<br>(1)(2)(4)(4)5<br>(1)(2)(3)(4) 5

## Week 27

Week Goals

Monday 1 Jul $\infty$


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Tuesday 2 Jul
2) $\qquad$ $\infty$ $\checkmark$
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Wednesday 3 Jul $\infty$
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## Thursday 4 Jul

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Friday 5 Jul
© $\qquad$
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Sat 6 Jul \& Sun 7 Jul $\theta$
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How did it go? Notes

Enjoyed it
Got stuff done
Progressed goals Learning
(1)(2)(3)(4)5
(1)(2)(4)(4) 5
(1)(2)(3)(4)
(1)(2)(3)(4)5
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## Week 28

Week Goals
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Monday 8 Jul $\infty$

## Tuesday 9 Jul

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Wednesday 10 Jul $\infty$
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## Thursday 11 Jul

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Friday 12 Jul
Q $\qquad$
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Sat 13 Jul \& Sun 14 Jul $\theta$
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How did it go? Notes

Enjoyed it
Got stuff done
Progressed goals Learning
(1)(2)(3)4(5)
(1)(2)(4)(4)5
(1)(2)(4)(4) 5
(1)(2)(4)(4)
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## Week 29

Week Goals
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Monday 15 Jul $\infty$ $\checkmark$ Q

Tuesday 16 Jul $\infty$
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Wednesday 17 Jul $\infty$

## Thursday 18 Jul

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Friday 19 Jul $\infty$
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Sat 20 Jul \& Sun 21 Jul $\theta$
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How did it go? Notes

| Enjoyed it | $(1)(2(3)(4)(5)$ |
| :--- | :--- |
| Got stuff done | $(1)(2(4)(4)$ |
| Progressed goals | (1)(2)(4)5 |
| Learning | $1(2)(4)(5)$ |

Enjoyed it
Got stuff done
Progressed goals Learning
$\qquad$

## Week 30

Week Goals
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Monday 22 Jul $\infty$ $\checkmark$ Q

Tuesday 23 Jul $\infty$
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Wednesday 24 Jul $\infty$
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## Thursday 25 Jul

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Friday 26 Jul
Q
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Sat 27 Jul \& Sun 28 Jul $-0$
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How did it go? Notes

Enjoyed it
Got stuff done
Progressed goals Learning
(1)(2)(3)(4)5
(1)(2)(4)(4) 5
(1)(2)(4)(4) 5
(1)(2)(3)(4)5
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## Week 31

Week Goals
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Monday 29 Jul $\infty$

Tuesday 30 Jul $\infty$
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Wednesday 31 Jul $\infty$ Q

## Thursday 1 Aug

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## Friday 2 Aug



## Q

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## Sat 3 Aug \& Sun 4 Aug

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How did it go?
Enjoyed it
(1)(2)(3)4(5)

Got stuff done
Progressed goals Learning

## Week 32

Week Goals

Monday 5 Aug
$\infty$


Q

Tuesday 6 Aug
2 $\qquad$ $\longrightarrow$
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Wednesday 7 Aug $\theta$

## Thursday 8 Aug

 $\infty$Q

## Friday 9 Aug



## Q

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Sat 10 Aug \& Sun 11 Aug $\infty$
Q
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How did it go?
Enjoyed it
Got stuff done
Progressed goals Learning

Notes
(1)(2)(3)4(5)
(1)(2)(3)4(5)
(1)(2)(3)4(5)
(1)(2)(3)(4)5

## Week 33

Week Goals

Monday 12 Aug
$\infty$


Q

Tuesday 13 Aug
$\infty$
$\checkmark$
© $\qquad$ $\longrightarrow$
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Wednesday 14 Aug_ $\checkmark$ Q $\qquad$

## Thursday 15 Aug

 $\infty$[^3]
## Friday 16 Aug

$\theta$

## Q

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## Sat 17 Aug \& Sun 18 Aug

 $\theta$Q
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How did it go?
Enjoyed it
(1)(2)(3)4(5)

Got stuff done
Progressed goals Learning

## Week 34

Week Goals

Monday 19 Aug
$\infty$


Q

Tuesday 20 Aug
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Wednesday 21 Aug $\checkmark$ Q $\qquad$

## Thursday 22 Aug

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## Friday 23 Aug

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## Q

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Sat 24 Aug \& Sun 25 Aug $\bigcirc$

Q $\qquad$
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How did it go?
Enjoyed it
Got stuff done
Progressed goals Learning

Notes
(1)(2)(3)4(5)
(1)(2)(3)4(5)
(1)(2)(3)4(5)
(1)(2)(3)(4)5

## Week 35

Week Goals
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Monday 26 Aug $\rightarrow$ $\checkmark$ Q

Tuesday 27 Aug $\infty$
$\qquad$ $\longrightarrow$
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Wednesday 28 Aug $\infty$
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## Thursday 29 Aug

 $\infty$Q $\qquad$
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## Friday 30 Aug

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## Q

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## Sat 31 Aug \& Sun 1 Sep

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Q
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How did it go?
Enjoyed it
(1)(2)(3)4(5)

Got stuff done
Progressed goals Learning

## Week 36

Week Goals
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Monday 2 Sep $\infty$ $\checkmark$ Q

## Tuesday 3 Sep

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Wednesday 4 Sep $\infty$

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## Thursday 5 Sep

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## Friday 6 Sep

$\infty$

## Q

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## Sat 7 Sep \& Sun 8 Sep

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How did it go?
Enjoyed it
(1)(2)(3)4(5)

Got stuff done
Progressed goals Learning

Notes

## Week 37

Week Goals

Monday 9 Sep
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## Tuesday 10 Sep

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Wednesday 11 Sep $\infty$

## Thursday 12 Sep

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Friday 13 Sep ..... $\theta$

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Sat 14 Sep \& Sun 15 Sep $\theta$
Q
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How did it go?
Enjoyed it
Got stuff done
Progressed goals Learning

Notes
(1)(2)(3)4(5)
(1)(2)(3)4(5)
(1)(2)(4)(4)5
(1)(2)(3)(4)5

## Week 38

Week Goals
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Monday 16 Sep
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Q

## Tuesday 17 Sep

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Wednesday 18 Sep $\infty$
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## Thursday 19 Sep

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## Friday 20 Sep

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## Q

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## Sat 21 Sep \& Sun 22 Sep

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How did it go?
Enjoyed it
Got stuff done
Progressed goals Learning

Notes
(1)(2)(3)4(5)
(1)(2)(3)4(5)
(1)(2)(3)4(5)
(1)(2)(3)(4)5

## Week 39

Week Goals
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Monday 23 Sep $\infty$

## Tuesday 24 Sep

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Wednesday 25 Sep $\infty$
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## Thursday 26 Sep

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## Friday 27 Sep

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## Q

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Sat 28 Sep \& Sun 29 Sep
Q
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How did it go?
Enjoyed it
Got stuff done
Progressed goals Learning

Notes
(1)(2)(3)4(5)
(1)(2)(3)(4) 5
(1)(2)(4)(4) 5
(1)(2)(3)(4)5
$\qquad$

## Week 40

Week Goals
$\qquad$
$\qquad$
$\qquad$
$\square$
Monday 30 Sep
$\infty$

## Tuesday 1 Oct

2 $\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Wednesday 2 Oct $\infty$

## Thursday 3 Oct

 $\infty$Q

## Friday 4 Oct

$\theta$

## Q

$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Sat 5 Oct \& Sun 6 Oct $\theta$
$\qquad$
$\qquad$
$\qquad$
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$\qquad$
$\qquad$
$\qquad$
$\qquad$
How did it go?

| Enjoyed it | (1)(2)(3)4(5) |
| :--- | :--- |
| Got stuff done | (1)(2)(4)(5) |
| Progressed goals | (1)(2)(4)(5) |
| Learning | (12)(3)4(5) |

Enjoyed it
Got stuff done
Progressed goals Learning

Notes
(1)(2)(4)(4)
(1)(2)(3)4(5)
(1)(2)(3)(4)
(1)(2)(4)(5)

## Week 41

Week Goals

Monday 7 Oct $\infty$


2

Tuesday 8 Oct
2 $\qquad$ $\longrightarrow$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Wednesday 9 Oct $\infty$
$\qquad$

## Thursday 10 Oct

 $\theta$Q $\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Friday 11 Oct
$\theta$
$\checkmark$
Q $\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Sat 12 Oct \& Sun 13 Oct $-0$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
How did it go? Notes

Enjoyed it
Got stuff done
Progressed goals Learning
(1)(2)(3)4(5)
(1)(2)(4)(4) 5
(1)(2)(4)(4) 5
(1)(2)(3)(4)5
$\qquad$

## Week 42

Week Goals

Monday 14 Oct $\infty$ $\checkmark$ Q

Tuesday 15 Oct $\infty$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Wednesday 16 Oct $\infty$

## Thursday 17 Oct

 $\theta$Q $\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Friday 18 Oct
Q $\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Sat 19 Oct \& Sun 20 Oct 0
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
How did it go? Notes

Enjoyed it<br>Got stuff done<br>Progressed goals Learning<br>(1)(2)(3)4(5)<br>(1)(2)(4)(4) 5<br>(1)(2)(4)(4)5<br>(1)(2)(3)(4)

## Week 43

Week Goals
$\qquad$
$\qquad$
$\qquad$
$\square$
Monday 21 Oct $\infty$

Tuesday 22 Oct $\infty$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Wednesday 23 Oct $\infty$

## Thursday 24 Oct

 $\theta$$\qquad$
Friday 25 Oct
$\theta$
Q
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Sat 26 Oct \& Sun 27 Oct $-0$
$\qquad$
$\qquad$
$\qquad$
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$\qquad$
$\qquad$
How did it go? Notes

Enjoyed it
Got stuff done
Progressed goals Learning
(1)(2)(3)4(5)
(1)(2)(4)(4)5
(1)(2)(4)(4) 5
(1)(2)(4)(4)
$\qquad$

## Week 44

Week Goals

Monday 28 Oct $\infty$

Tuesday 29 Oct $-$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Wednesday 30 Oct $\infty$ Q

## Thursday 31 Oct

 $\infty$Q $\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Friday 1 Nov
$\infty$
$\checkmark$
Q $\qquad$
$\qquad$
$\qquad$
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$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Sat 2 Nov \& Sun 3 Nov $\theta$
$\qquad$
$\qquad$
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$\qquad$
$\qquad$
How did it go? Notes

Enjoyed it
Got stuff done
Progressed goals Learning
(1)(2)(3)4(5)
(1)(2)(4)(4) 5
(1)(2)(4)(4) 5
(1)(2)(3)(4)5
$\qquad$

## Week 45

Week Goals
$\qquad$
$\qquad$
$\qquad$
$\square$
Monday 4 Nov or $\checkmark$ Q

Tuesday 5 Nov
2) $\qquad$
$\theta$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Wednesday 6 Nov $\infty$
$\qquad$

## Thursday 7 Nov

 $\infty$Q $\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Friday 8 Nov
$\infty$
Q $\qquad$
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$\qquad$
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$\qquad$
$\qquad$
$\qquad$
Sat 9 Nov \& Sun 10 Nov 0
$\qquad$
$\qquad$
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$\qquad$
$\qquad$
$\qquad$
$\qquad$
How did it go? Notes

Enjoyed it
Got stuff done
Progressed goals Learning
(1)(2)(3)(4)5
(1)(2)(4)(4) 5
(1)(2)(4)(4) 5
(1)(2)(3)(4)5
$\qquad$

## Week 46

Week Goals
$\qquad$
$\qquad$
$\qquad$
$\square$
Monday 11 Nov $\infty$

## Tuesday 12 Nov

 $\infty$$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$

Wednesday 13 Nov $\infty$
$\qquad$

## Thursday 14 Nov

 $\infty$Q $\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Friday 15 Nov $\theta$ $\checkmark$ Q
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$\qquad$
$\qquad$
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$\qquad$
Sat 16 Nov \& Sun 17 Nov $\theta$
$\qquad$
$\qquad$
$\qquad$
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$\qquad$
How did it go?
Enjoyed it
Got stuff done
Progressed goals Learning
(1)(2)(3)(4)5
(1)(2)(4)(4) 5
(1)(2)(4)(4)5
(1)(2)(3)(4)5

## Week 47

Week Goals
$\qquad$
$\qquad$
$\qquad$
$\square$
Monday 18 Nov $\infty$ $\checkmark$ Q
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Tuesday 19 Nov $\quad \checkmark$
2 $\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Wednesday 20 Nov $\infty$
$\qquad$

## Thursday 21 Nov

Q $\qquad$
$\qquad$
$\qquad$
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$\qquad$
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$\qquad$
Friday 22 Nov $\rightarrow$ $\checkmark$ Q

$\qquad$
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$\qquad$
Sat 23 Nov \& Sun 24 Nov $\theta$
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$\qquad$
How did it go? Notes

Enjoyed it
Got stuff done
Progressed goals Learning
(1)(2)(3)(4)5
(1)(2)(4)(4) 5
(1)(2)(4)(4) 5
(1)(2)(3)(4)5
$\qquad$

## Week 48

Week Goals
$\qquad$
$\qquad$
$\qquad$
$\square$
Monday 25 Nov $\infty$ $\checkmark$ Q

Tuesday 26 Nov $\infty$
$\qquad$
$\qquad$
$\qquad$
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$\qquad$
$\qquad$
$\qquad$
Wednesday 27 Nov $\infty$
$\qquad$

## Thursday 28 Nov

Q $\qquad$
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$\qquad$
Friday 29 Nov $\theta$
Q $\qquad$
$\qquad$
$\qquad$
$\qquad$
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$\qquad$
Sat 30 Nov \& Sun 1 Dec $\theta$
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$\qquad$
How did it go? Notes

Enjoyed it<br>Got stuff done<br>Progressed goals Learning<br>(1)(2)(3)(4)5<br>(1)(2)(4)(4) 5<br>(1)(2)(4)(4)5<br>(1)(2)(3)(4) 5

## Week 49

Week Goals
$\qquad$
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$\qquad$
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Monday 2 Dec $\infty$

## Tuesday 3 Dec

 $\infty$$\qquad$
$\qquad$
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$\qquad$
Wednesday 4 Dec $\theta$
$\qquad$

## Thursday 5 Dec

Q $\qquad$
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$\qquad$
Friday 6 Dec $\infty$ $\checkmark$ Q $\qquad$
$\qquad$
$\qquad$
Sat 7 Dec \& Sun 8 Dec $\theta$
$\qquad$
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$\qquad$
How did it go? Notes

Enjoyed it
Got stuff done
Progressed goals Learning
(1)(2)(3)4(5)
(1)(2)(4)(4) 5
(1)(2)(3)(4)
(1)(2)(3)(4)5
$\qquad$

## Week 50

Week Goals
$\qquad$
$\qquad$
$\qquad$
$\square$
Monday 9 Dec $\infty$

Tuesday 10 Dec $\infty$
$\qquad$
$\qquad$
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$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Wednesday 11 Dec $\infty$ Q

## Thursday 12 Dec

 $\theta$Q $\qquad$
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$\qquad$
$\qquad$
$\qquad$
Friday 13 Dec
$\theta$
Q $\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
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$\qquad$
Sat 14 Dec \& Sun 15 Dec $\theta$
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$\qquad$
How did it go? Notes

Enjoyed it<br>Got stuff done<br>Progressed goals Learning<br>(1)(2)(3)(4)5<br>(1)(2)(4)(4) 5<br>(1)(2)(4)(4)5<br>(1)(2)(3)(4)5

## Week 51

Week Goals

Monday 16 Dec $\infty$ $\checkmark$ Q
$\qquad$
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$\qquad$
$\qquad$
$\qquad$
Tuesday $17 \mathrm{Dec} \quad \checkmark$
Q $\qquad$ $\underline{\longrightarrow}$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Wednesday 18 Dec $\theta$
$\qquad$

## Thursday 19 Dec

 $\infty$$\qquad$
$\qquad$
$\qquad$
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$\qquad$
$\qquad$
$\qquad$
$\qquad$
Friday 20 Dec
$\theta$
Q $\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
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$\qquad$
Sat 21 Dec \& Sun 22 Dec $\theta$

* $\qquad$
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How did it go?

Enjoyed it<br>Got stuff done<br>Progressed goals Learning<br>(1)(2)(3)(4)5<br>(1)(2)(4)(4) 5<br>(1)(2)(4)(4) 5<br>(1)(2)(3)(4)5

Notes

## Week 52

Week Goals

Monday 23 Dec $\infty$

## Tuesday 24 Dec

 $\infty$$\qquad$
$\qquad$
$\qquad$
$\qquad$
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$\qquad$
$\qquad$
Wednesday 25 Dec $\infty$

## Thursday 26 Dec

 $\infty$$\qquad$
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$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Friday 27 Dec


Q
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Sat 28 Dec \& Sun 29 Dec $\theta$
$\qquad$
$\qquad$
$\qquad$
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$\qquad$
$\qquad$
$\qquad$
$\qquad$
How did it go? Notes

Enjoyed it<br>Got stuff done<br>Progressed goals Learning<br>(1)(2)(3)4(5)<br>(1)(2)(4)(4) 5<br>(1)(2)(4)(4)5<br>(1)(2)(3)(4)5

## Week 53

Week Goals
$\qquad$
$\qquad$
$\qquad$
$\square$
Monday 30 Dec $\infty$

Tuesday 31 Dec $-$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Wednesday 1 Jan $\infty$ Q

## Thursday 2 Jan

Q $\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Friday 3 Jan
$\theta$
Q $\qquad$
$\qquad$
$\qquad$
$\qquad$
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$\qquad$
$\qquad$
Sat 4 Jan \& Sun 5 Jan $\theta$
$\qquad$
$\qquad$
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$\qquad$
$\qquad$
How did it go? Notes

Enjoyed it<br>Got stuff done<br>Progressed goals Learning<br>(1)(2)(3)(4)5<br>(1)(2)(4)(4) 5<br>(1)(2)(4)(4)5<br>(1)(2)(3)(4)5

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Symbol Value SI unit
Planck constant h $\quad 6.62618 \times 10^{-34} \mathrm{~J} \mathrm{~s}$energy of a quantum of electromagnetic radiation / its frequencyElectron mass $\quad m_{\mathrm{e}} \quad 9.10938 \times 10^{-31} \mathrm{~kg}$mass of a stationary electron
Atomic mass unit (Dalton) u (Da) $1.660566 \times 10^{-27} \mathrm{~kg}$ one twelfth of the mass of an unbound neutral atom of carbon-12
Elementary charge ..... e $\quad 1.60218 \times 10^{-19} \mathrm{C}$
electric charge carried by a single proton
Electronvolt eV $1.60218 \times 10^{-19} \mathrm{~J}$energy gained by charge of electron thru potential difference of one volt
Bohr radius $\quad a_{0} \quad 5.29177 \times 10^{-11} \mathrm{~m}$ distance between the proton and electron in a hydrogen atom
Faraday constant F $9.6485 \times 10^{4} \quad \mathrm{C} \mathrm{mol}^{-1}$magnitude of electric charge per mole of electrons
Speed of light in a vacuum $\quad c_{0} \quad 2.997925 \times 10^{8} \mathrm{~m} \mathrm{~s}^{-1}$
Astronomical unit ..... ua $1.49598 \times 10^{11} \mathrm{~m}$roughly the distance from Earth to the Sun
Avogadro number

$$
N_{A} \quad 6.02204 \times 10^{23} \mathrm{~mol}^{-1}
$$ atoms or molecules in a mole



Table 2: ASCII Printable Characters;
$\boldsymbol{v}$ - 1 st hex digit, $\boldsymbol{\nabla}$-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 | $20,000 \mathrm{~ns}$ |
| Read 1 MB sequentially from memory | $250,000 \mathrm{~ns}$ |
| Round trip within same datacenter | $500,000 \mathrm{~ns}$ |
| Disk seek | $10,000,000 \mathrm{~ns}$ |
| Read 1 MB sequentially from disk | $20,000,000 \mathrm{~ns}$ |
| Send packet California->Europe->California | $150,000,000 \mathrm{~ns}$ |

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


[^0]:    Q

[^1]:    Q

[^2]:    Q

[^3]:    Q

[^4]:    Q

[^5]:    Q

