

Daily Stakeholder Report - 11-17-2024

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Daily Accountability Questions

(Not applicable today)

Wins / Challenges and things of note

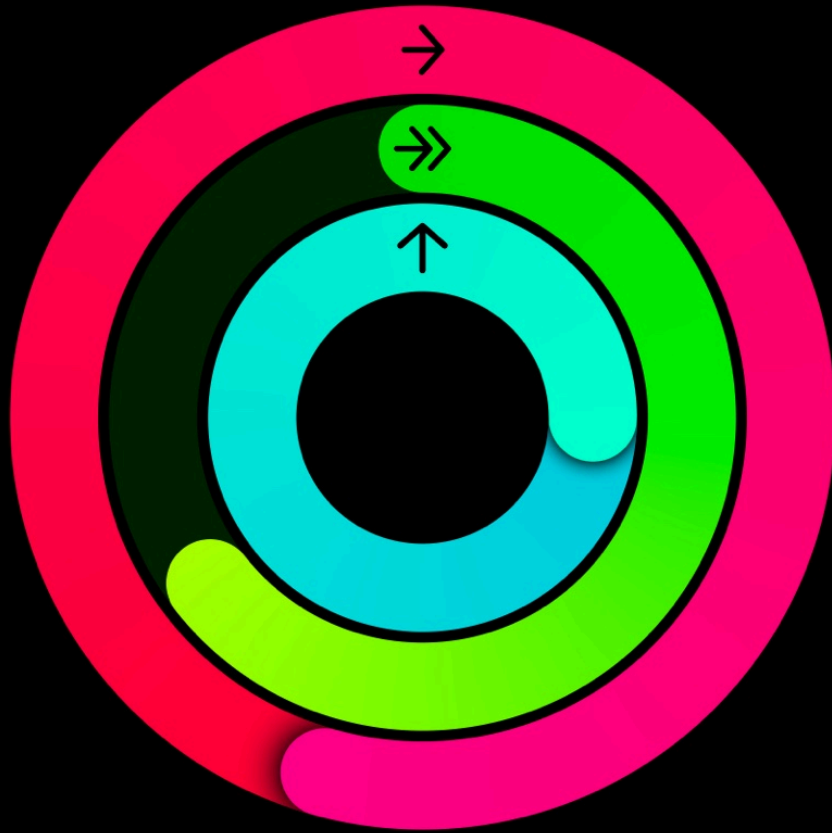
Fully deployed and operational at site m

Food / Fitness / Health Log

Spinning back up to normal:

< Back

Sunday, Nov 17, 2024



Move

833/540CAL

47CAL



TOTAL 3,708 CAL

Exercise

20/30MIN

3 MIN

Fig. 1: B4DFCD42-FCE1-4709-9D78-867D29E523FE.jpg



Fig. 2: ABC83D4D-C634-4119-AF6A-86F675D63490.jpg

Today's objectives

Get setup for the week at site m.

General mood/progress/thoughts log

0800: up and running (slept in after two days of driving)

Throughout the day: Various house ops and target / Costco grocery run .

Good progress job drafting my grocery / meals post.

2200: end broadcast day