Routines

- Exercises for Fun & Health
  - 수영강습: 월, 수, 금 06:00~07:00 → 2018년 4월부터 월,화,수,목,금,토 06:00~07:00
  - Strength Training: 월, 화, 수, 목, 금, 토. 일주일에 max 6회, min 3회, average 4~5회. 부상 혹은 병중엔 제외. 일요일은 최대한 회복에 집중하고 3회 이하로 운동한 경우에 가볍게 실시.
    - 운동일지
  - Simple & Sinister: 보조 운동으로 실시.
  - 스트레칭 및 Perfect Posture
    - 엉덩이 힘 빡! 똥꼬 힘 빡!
    - 무게 중심선 (특히, Posterior Chain)
- Update Knowledgebase for Studies & Learnings
  - + → / → -
  - Taking notes
  - take pictures
  - monitoring
- Get organized for Life Style
  - writings
  - 제자리 찾아 놓기
  - plan / do or did / see(review)
  - log → report

Upcomings

- 스포츠지도사 필기 ~~5/12~~ → 스포츠지도사 실기/구술 시험 ~~6/30 Saturday.~~ → ~~스포츠지도사 실기/구술 합격자 발표 7/12 Thursday.~~ → ~~스포츠지도사 연수/실습 2018/07/28 ~ 2018/08/25~~ → 스포츠지도사 최종합격자 발표 및 자격증 발급 2018/11/09
- 전산회계 1급 12/1 Saturday.

Goals

Graduates KNOU

- 전산회계 1급 취득 or 졸업논문 작성
- 남은 학점 : 2학점

Swim Better

- Individual Medley 100, 1’30” 이내. → 2급 생활스포츠지도사 수영, 자격 취득 ← 2급 생활스포츠 지도사 보디빌딩 자격취득

Plans

2018, 44th week: 10/29~11/4

Date	10/29 Monday	10/30 Tuesday	10/31 Wednesday	11/1 Thursday	11/2 Friday	11/3 Saturday	11/4 Sunday
Daily Todos							

2018, 45th week: 11/5~11/11

Date	11/5 Monday	11/6 Tuesday	11/7 Wednesday	11/8 Thursday	11/9 Friday	11/10 Saturday	11/11 Sunday
Daily Todos					생활스포츠지도사 합격자 발표		

2018, 46th week: 11/12~11/18

Date	11/12 Monday	11/13 Tuesday	11/14 Wednesday	11/15 Thursday	11/16 Friday	11/17 Saturday	11/18 Sunday
Daily Todos							

2018, 47th week: 11/19~11/25

Date	11/19 Monday	11/20 Tuesday	11/21 Wednesday	11/22 Thursday	11/23 Friday	11/24 Saturday	11/25 Sunday
Daily Todos							

2018, 48th week: 11/26~12/2

Date	11/26 Monday	11/27 Tuesday	11/28 Wednesday	11/29 Thursday	11/30 Friday	12/1 Saturday	12/2 Sunday
Daily Todos						전산회계 시험	

2018, 49th week: 12/3~12/9

Date	12/3 Monday	12/4 Tuesday	12/5 Wednesday	12/6 Thursday	12/7 Friday	12/8 Saturday	12/9 Sunday
Daily Todos							방송대 기말고사

2018, 49th week: 12/3~12/9

Date	12/3 Monday	12/4 Tuesday	12/5 Wednesday	12/6 Thursday	12/7 Friday	12/8 Saturday	12/9 Sunday
Daily Todos							

2018, 50th week: 12/10~12/16

Date	12/10 Monday	12/11 Tuesday	12/12 Wednesday	12/13 Thursday	12/14 Friday	12/15 Saturday	12/16 Sunday
Daily Todos							

2018, 51st week: 12/17~12/23

Date	12/17 Monday	12/18 Tuesday	12/19 Wednesday	12/20 Thursday	12/21 Friday	12/22 Saturday	12/23 Sunday
Daily Todos							

2018, 52nd week: 12/24~12/30

Date	12/24 Monday	12/25 Tuesday	12/26 Wednesday	12/27 Thursday	12/28 Friday	12/29 Saturday	12/30 Sunday
Daily Todos							

2018, 53rd week: 12/31~ 2019, 1st 1/6

Date	12/31 Monday	2019, 1/1 Tuesday	1/2 Wednesday	1/3 Thursday	1/4 Friday	1/5 Saturday	1/6 Sunday
Daily Todos							

Todos

- GET A JOB!
- 스포츠지도사 실기/구술 시험 ~~6/30 Saturday.~~ → ~~스포츠지도사 실기/구술 합격자 발표 7/12 Thursday.~~ → ~~스포츠지도사 연수/실습 2018/07/28 ~ 2018/08/25~~ → 스포츠지도사 최종합격자 발표 및 자격증 발급 2018/11/09
- 전산회계 1급 12/1 Saturday.

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