

- description : ()
 - author :
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 - lastupdate : 2022-08-23

가

Habit Tracker

2021.10

Front

RSA	JSEncrypt
aes 256	(JSP) -> (Java)
CodeMirror, webpack, npm, react, node.js	

SpringBoot

: <https://www.hanumoka.net/2018/09/06/spring-20180906-spring-file-upload/>

(1)

	ISBN				
				2020-08	
				2020-08	
2				2020-08-10 ~	
Deep Learning	979-11-6224-106-6	:	,	2020-08-10 ~	
		,			
	978-89-6848-490-2	:		2020-08-04 ~ 2020-08-07	
					2.0 ,
ATOMIC HABITS ()	979-11-6254-064-0	:		2020.08.01 ~	
Head First Algebra	978-89-6848-477-3	:	,	2020.07.20 ~ 2020.07.31	... ,
	979-11-6224-188-2			2019.10.07 ~ 2019.11.17	,

()

			()	
07:00	08:30		7,100	01:30
09:20	10:50		7,100	01:30
13:30	15:00		7,100	01:30
16:00	17:30		7,100	01:30
18:20	19:50		7,100	01:30

		()	
20:30	22:00	7,100	01:30

()

		()	
07:00	08:30	7,100	01:30
09:00	10:30	7,100	01:30
12:40	14:10	7,100	01:30
16:10	17:40	7,100	01:30
18:20	19:50	7,100	01:30
20:30	22:00	7,100	01:30

BMI ($=\text{kg}/\text{m}^2$), ($=\text{BMI} \times (\text{m})^2$)
 BMI (18.5 ~ 22.9), (90cm, L, 32)

10, AB, , , (20%), (60%), (60%), (3kg), BMI(20)
 (90cm, L, 32), (65kg), (20%), (60%), (60%), (3kg), BMI(20)

1. 2L (, , , 30, 1)
2. C, , 가3, π π
3. 3

							BMI				
2021.08.24	87.8kg										
2020.08.15	84.2kg										
2020.07.18	82.6kg	27.4%	52.6%	57.0kg	2.9kg	28.6		+79	83kg		
2020.06.29	83.6kg	27.8%	52.5%	57.5kg	2.8kg	28.9	33	+60	84kg ()		
2020.06.16	84.7kg								85kg		
2020.06.15	85.4kg	30.4%	50.9%	65.9%	3.1kg	30	28	+46			
2020.06.10	86.5kg	30.0%	51.2%	66.5%	3.2kg	30	27	+41			
2020.06.08	86.2kg	29.8%	51.4%	66.6%	3.2kg	30		+39			
2020.06.03	85.9kg	29.9%	51.3%	66.5%	3.2kg	30		+34	30		
2020.06.01	85.8kg	30.6%	50.8%	65.6%	3.2kg	30	20	+32			
2020.05.29	86.7kg	30.7%	50.7%	65.6%	3.2kg	30		+29			
2020.05.25	87.0kg	30.4%	50.9%	66.0%	3.2kg	30		+25			
2020.05.22	87.8kg	30.9%	50.6%	65.5%	3.2kg	30		+22			

						BMI			
2020.05.21	88.0kg	30.0%	50.2%	61.2%	3.1kg	30		+21	
2020.05.01	89.0kg	31.0%	50.1%	58.0%	3.1kg	30	1	+1	

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	가†					
			,		,	
	1.	10	per day			
	2.		per day (10km(20m), 20km(40m))		
	3.	Leg press per day & Lunge, Squat				
&	MSN					

Todo List

Todo List()

			2020-02-26	x r_kimmk	jhgong
(Header Label), ~	jhgong,	2020-05-29	x	dhan	
H2		2020-02-10	x	kimmk	
Base64	eleven, jskim	2020-05-31	x	dhan	
FileUtils	eleven, jskim	2020-05-31	x	dhan	
StringEscapeUtils		2020-05-31	x	dhan	
Servlet) ~	kimmk,	2020-04-13 2021-01-18	x	dhan kimmk	

Todo List()

, bmi

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Permanent link:
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