

- description : ()
- author :
- email : dhan@repia.com
- lastupdate : 2022-10-17

가

ThinkPad P15
WSA root/repia

- 10 ,
- ,
- ,
- ,

Habit Tracker

2021.10

Todo List()		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
2L (1)	2021.10.07								S																							
(1)	2021.10.07								S																							
30 - 3 (1)	2021.10.07											S																				

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

$$\left(\begin{array}{c} 1 \end{array} \right)$$

	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	… ，

	ISBN				
	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 (=kg/m²), (=BMI*(m))²)
BMI (18.5 ~ 22.9), (90cm , L, 32)

10 , AB , ,
(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								() , , ,

						BMI			
2020.08.15	84.2kg								Oops!
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	
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	

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

Todo List()

, bmi

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