Google Keep

- description : Keep
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- lastupdate : 2020-01-31

Site

- https://keep.google.com/
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Example

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```
1    (       _    /        , SNS_        /   ,     _    /    )
2    (       _    /        , SNS_        /   ,     _    /    )
3    (       _    /        , SNS_        /   ,     _    /    )
4    (       _    /        , SNS_        /   ,     _    /    )
5    (       _    /        , SNS_        /   ,     _    /    )
6    (       _    /        , SNS_        /   ,     _    /    )
7    (       _    /        , SNS_        /   ,     _    /    )
8    (       _    /        , SNS_        /   ,     _    /    )
9    (       _    /        , SNS_        /   ,     _    /    )
10   (        _   /        , SNS_        /   ,    _    /     )
11   (        _   /        , SNS_        /   ,    _    /     )
12   (        _   /        , SNS_        /   ,    _    /     )
13   (        _   /        , SNS_        /   ,    _    /     )
14   (        _   /        , SNS_        /   ,    _    /     )
```

- 30 days fitness challenges

```
DAY1 Squats(50) Pushups(15) Plank(20Sec)
DAY2 Squats(55) Pushups(16) Plank(20Sec)
DAY3 Squats(60) Pushups(17) Plank(30Sec)
DAY4 Squats(REST) Pushups(18) Plank(30Sec)
DAY5 Squats(70) Pushups(19) Plank(40Sec)
DAY6 Squats(75) Pushups(20) Plank(REST)
DAY7 Squats(80) Pushups(21) Plank(45Sec)
DAY8 Squats(REST) Pushups(REST) Plank(45Sec)
DAY9 Squats(100) Pushups(23) Plank(60Sec)
DAY10 Squats(105) Pushups(24) Plank(60Sec)
DAY11 Squats(110) Pushups(25) Plank(60Sec)
```

```
DAY12 Squats(REST) Pushups(26) Plank(90Sec)
DAY13 Squats(130) Pushups(27) Plank(REST)
DAY14 Squats(135) Pushups(28) Plank(90Sec)
DAY15 Squats(140) Pushups(REST) Plank(90Sec)
DAY16 Squats(REST) Pushups(27) Plank(120Sec)
DAY17 Squats(150) Pushups(28) Plank(120Sec)
DAY18 Squats(155) Pushups(29) Plank(150Sec)
DAY19 Squats(160) Pushups(30) Plank(REST)
DAY20 Squats(REST) Pushups(31) Plank(150Sec)
DAY21 Squats(180) Pushups(32) Plank(150Sec)
DAY22 Squats(185) Pushups(REST) Plank(180Sec)
DAY23 Squats(190) Pushups(33) Plank(180Sec)
DAY24 Squats(REST) Pushups(34) Plank(210Sec)
DAY25 Squats(220) Pushups(35) Plank(210Sec)
DAY26 Squats(225) Pushups(36) Plank(REST)
DAY27 Squats(230) Pushups(37) Plank(240Sec)
DAY28 Squats(REST) Pushups(38) Plank(240Sec)
DAY29 Squats(240) Pushups(39) Plank(270Sec)
DAY30 Squats(250) Pushups(40) Plank(300Sec)
```

Ref

- "   "   200%   7

  , google, keep

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