

- description : ()
- author :
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- lastupdate : 2022-03-10

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

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Front

[aes 256](#) [RSA](#) [JSEncrypt](#)
 (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 (=kg/m²), (=BMI*(m))²
 BMI (18.5 ~ 22.9), (90cm , L, 32)

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

- 2L (, , 30 , 1)
- C, , 가3, П П
- 3

						BMI			
2021.08.24	87.8kg								() , , ,
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	

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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	<input checked="" type="checkbox"/> r_kimmk	jhgong
	(Header Label	jhgong,	2020-05-29	<input type="checkbox"/>	dhan
),	~				
H2			2020-02-10	<input type="checkbox"/>	kimmk
Base64		eleven, jskim	2020-05-31	<input type="checkbox"/>	dhan
FileUtils		eleven, jskim	2020-05-31	<input type="checkbox"/>	dhan
StringEscapeUtils			2020-05-31	<input type="checkbox"/>	dhan
Servlet			2020-04-13	<input type="checkbox"/>	dhan
)	~	kimmk,	2021-01-18	<input type="checkbox"/>	kimmk

Todo List()

, bmi

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2023.12

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Last update: 2022/03/14 18:39

