




Veetit's Q1 '23 report

Quarter report 2.4.2023

Agenda

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Forewords

The idea for the report born in middle of February while rolling in bed and struggling to get sleep. Meaning of the report is to somewhat objectively state how the quarter has gone by numbers and by explaining what I have been proud of and where I could have done better, but also maintain it fun to read. The reason is not to show only highlights and how great my life is, which I feel is nowadays too common in social media, so I could also argue that this is my way of fighting for the transparency and reality in Internet. I feel that I can maintain transparency, since there is no investors or other stakeholders to impress nor have I found other reasons why I couldn't maintain transparency. And actually I feel that I have problems to be proud of what I have done or am doing, so this is also one way for me to fight against the voice in my head that is saying "you are shit, you need to do better, fucking idiot".

I like numbers and have always liked to write but the joy of writing has been in declining trend all the way from upper secondary school after in school you had to always only write the way that somebody else tells you and in free time I haven't found the time nor interest to write anything creative. At the same time the idea for this is solely my own and I'm somewhat proud of that, so maybe that's the egoistic part of this + I can improve my english language skills. It needs maybe to be noted that someone else might have already done this kind of personal quarter reports but I haven't had the courage to google this, since I don't want to pop the bubble that I have come up with this by myself and not to take too much of inspiration of similar reports. The structure for the report is gotten from companies financial reports.

Even though I want to increase transparency and report somewhat personal figures & information, I want to still maintain privacy but yet I want this to be personal and be similar to what I would write for myself. Well why am I publishing this then? I feel that it gives me an extra push to keep doing these and pay more attention on the appearance. I noticed this effect last summer when I filmed my sprint trainings on IG story, I would have quitted the running due to the pain in my

shins, but since I did it publicly it gave me more motivation to overcome the obstacles and keep running. One could argue that that wasn't good for health, but I knew it gave me so much joy to go to train and probably the pain will only be short-term and no long-term health problems wouldn't occur.

During 2022 I started to analyze when I have been happiest in my life and I found two phases; the childhood and the period in high school when I did bodybuilding. To the childhood I can't unfortunately go back due to the responsibilities of an adult, but would like to somehow bring back the boyish joy on life and what comes for bodybuilding I can't mimic the serious belief in me that I could be competitive in any division with the genes I have. But from these two phases I have come up with a fitness project & got a coach for that so it would be more systematic. During the quarter I also found the first time in my life an artistic hobby which I can hopefully use that boyish joy in the creation process, more on that in the Q2 report.

Currently this was the best content and key figures I came up, but the content might (and probably will) change over time. Nevertheless I hope that maybe even someone has the interest to read this and maybe gets something out of these, and if you have any question, comments or want to talk/debate from anything, always feel free to come to talk to me @iteeweeti on IG. Happy readings!

Legal disclaimer: This report is only intended to share my feelings, opinions etc. However it will not include any political issues, since I want to maintain political neutrality. And the report is done mainly as entertainment purposes. Nothing in this document is not ment to be anyway legally binding. If there is used "the company" or other similar expressions referring to business activities, it is only ment as a joke, since there is no real business activities going on.

Key figures

Snus used
13 cans

Total calories
284 662 kcal

Total mobile screen time
179,25 h

Stock
portfolio
+4,65 %

Energy drinks
consumed
13

Daily average
calories
3198 kcal

Daily average mobile
screen time
3,32 h

Days
sick 17

Had sex
0 times

Energy
consumed
310 kWh

Alcohol
dosages
15 pcs

Books
read 1

Lies
Told
3 times

Total training
sessions
42

Weight
change
+ 5,9 kg

Weekly average
training sessions
3

Talked to a
stranger
8 times

CBO comments

The quarter had its ups and downs, which is part of life. The positive notes are the weight increase, which surprised positively, since the target was only about 4 kg and also eating quite high calories from clean sources has felt easy, except on the days when being sick. The more negative results were alcohol consumption, mobile screen time and number of sick days.

During the quarter we deleted tinder after watching a tiktok video where some woman showed how much likes and matches she had and we realised that we don't have anything to differ from the supply without giving away the authenticity and without trying to only highlight the best features, the app overall started to affect company's mental health negatively.

Moving on to the Q2 I have good idea how we can show more the personality and differ in the app, so probably we will make comeback to Tinder. Do we need the app? As the company is quite introverted, the dating apps feels quite natural way to get to know people and both parties are probably looking something, so it feels quite honest way to find

something. Currently there is the overall feeling that the company is missing love, the feeling that somebody really appreciate you as you are, hugs you when you are feeling down and draws on your back when struggling to get sleep.

The mobile screen time was in high trend because of downloading tiktok in Q1 after finding out that @skandaaliofficial had started to do #barz series in there, in the end it didn't go as planned and the company started to use way too much time to watch all kind of shit in there, and I have realised that the app is highly addictive for the company. But the screen time is expected to decrease after deleting tiktok before moving in to the Q2 and by paying more attention on to it. I think the company did well in Q1 and I have high expectations for the Q2 and hopefully the future will be advantageous.

–Chief Brain Officer–

Key figures in detail (some comments)

Most important figures for me currently are the figures relating to calories, training sessions amount and weight change, since these are related to the fitness project, which I want to take seriously. These figures in Q1 have been good and hopefully the trend can be maintained, but it can be expected that in the future everything will be harder just due to the longer time of eating surplus calories. At least these figures will be controlled during the next periods too.

Weight change is calculated by subtracting the first morning weight from the last morning weight during the quarter, this might not be the most scientific and most accurate way to calculate that, but it's easy and good enough for this purpose.

Energy consumed is calculated by subtracting the estimated energy stored (fat) from the total calories and the unit is changed to kWhs. It's guessed that from the weight increase (5,9 kg) around 2 kg would be fat (totaling to 18 000 kcal) and other weight would be liquid & hopefully some muscle. The consumed energy 310 kWhs would mean powering 700 kW microwave oven for 5 hours each of the 89 days of the quarter.

Had sex figure I found a bit funny to involve and specially with the value zero, I feel that not many people would include it, but I think it's more common than what I assume, but probably that figure will be left out if I ever have sex in the future, since there would also be other human involved. Even though this number could stay as a zero for maybe a quite long time since even though I feel that I'm quite sexual, I want next to find some special person to even think about having sex. And maybe I will left it out on the next report so it won't be any kind of got laid - indicator if the figure is involved or not in the next report :D

The (mobile) screen time was something that I came up during the quarter (26.2 and my phone had saved the data from previous 3 weeks). I feel that it's quite good figure to pay attention nowadays and I hope to lower that figure in the future. And in next quarter it will be interesting to see the figure from the whole quarter.

I don't drink coffee, but energy drinks I consume here and there, since I like the taste, test new flavours and the extra boost they usually give but I'm trying to decrease the amount of energy drinks used, since the tolerance grows quite quickly and I don't want to be addicted to anything.

Alcohol dosages figure was higher than I expected before calculating it and I feel that I don't like alcohol except in some occasions, so probably that number will stay quite low without even paying too much attention to it.

During the quarter I also came up with the idea that if I'm going to eat by myself in restaurant I'll go to sit with a stranger and start a conversation and this way the figure "strangers to have a conversation" increased neatly, nevertheless I don't go to talk to people that clearly indicate somehow that they want to be by themselves and always will ask if it's okay for me to sit with them. At the end of quarter I felt that I didn't have social battery left so I also ate with my phone :D

I have also found how hypocritical I'm since, if I won't use cannabis products due to the scare of getting addicted for the stress relieving factor, then snus is somehow okay to be used for the same purpose, that figure I want to get to zero at least during the Q3 '23.

The lies told is actually really interesting figure to follow and thanks for my brother for coming up with that! During the quarter the lies I told were some exaggerations in a couple stories that I really didn't even pay that much attention that I had done it. And also I lied once when I didn't feel like stripping for a doctor early in the morning and he should be able to diagnose the atopic eczema from my shoulders. My goal is really to be as truthful as I can, but yet be kind.

Usually I have been sick only like 5-10 days in a year but in the autumn of 2022 I was quite much in a flu, and that also kept going on during the quarter, and I really don't know why, maybe it is due to the stress or something, but I hope that I can decrease the number of sick days in the future.

Stock portfolio did okayish in this quarter by beating the comparable index (OMXHGI, 1,66%), and hopefully I keep beating the market in the future too.

I really had to fight the urge to involve some financial datas in the report, since I felt that it would be really interesting to build a personal balance sheet, but at the same time maybe that is not that good for the overall health and maybe too much focus would go into the financial figures after spending so much effort to track different cash flows. In Q1 '23 the cash flow would have been strong due to the student loan, which I withdraw only once in a year due to the quite high withdrawal expenses in the bank where I have applied the loan. Also I'm quite cheap ass so my main expenses during the quarter were the rent and food.

Comments from board of directors aka nervous system & Co

The main problem during the quarter has been the problem to get sleep, since the company is currently living with it's brother and is sleeping in the couch, which has affected the recovery and the overall mood negatively during the past weeks. The one tested solution for the problem has been to start sleeping on floor on a spike strip, which at sometimes has been good solution but at the times it has been even worse, so the problem is still not solved.

Comments on some hormones: The dopamine levels are probably in okayish levels but the development should be somehow tracked and maybe some correcting actions could be added (not using social media etc. short term sources of dopamine that much), if needed. Serotonin levels propably could be in better levels, those could be increased by more social life, deeper relationships and by working on issues that are important for the company. The endorfine levels are propably in good levels due to the gym exercises, but could be increased in the future with more cardio training. Cortisol levels might have been in quite high levels due to the stress related to school, in future those could be adjusted by paying more attention on recovery and mindfulness. Melatonin ok, since the sleeping problems are not propably due to the bad melotonine levels.

As the company is getting fatter the testosterone levels might be decreasing and estrogene levels increasing, but currently there is not much to do on those with natural methods, and hopefully the level adjustments are so small that

it won't really affect the mood too much. Other hormones: probably ok and hard to affect with natural methods.

To lower the number of sick days and to maintain good health the company takes already multivitamin, tries to live actively, eats balanced diet and goes regularly to sauna. In Q2 also L-Glutamine, extra D-vitamin and ZMA will be added to mix and more focus will be given for recovery & getting quality sleep.

The board of directors also has given it's proposal for the executive team to start to use *the feel good* -index that is shown in appendix A. The index should give a better overall image on how the mood has been during the measurement period and in the future that can be included as being one key figure which can be used to analyse the wellbeing and relations to performance.

Outlooks

The overall outlook looks good, since the Master's Thesis is started and at the time it feels that I have it under control, the company has one uni course to do and the fitness project is in good shape, so those should keep the company busy and that way keep the mind active.

On the social aspect the company has to keep improving and pay more attention to value its friendships and also keep open mind. The fact that the company is introverted and probably has some social anxiety specially in big crowds shouldn't be used as an excuse to not be active in social interactions.

In Q2 '23 the artistic hobby should be published and that makes the company excited but also little anxious. The target is to finish the thesis and graduation should happen at latest during Q3 '23.

Investment in Oura ring is considered in the future but at the same time the numbers could start to dictate the wellbeing too much and also in gym training the ring might not be the best option.

In the future the company needs to survive without its long time employee TI-30Xa, it always had really bad memory and it started to really affect the performance during the past quarter. TI-30Xa taught so much for us during his active service years (2017-2023), including the most important lesson to always stay focused on what you are doing and understanding the problem in depth. Maybe we need to consult it in some occasions, but after the final paper exam where one couldn't use programmable calculator it's time to wish TI-30Xa smooth retirement days on the behalf of the whole team.


"And the solution is beautiful!"



Appendix A, *Feel good* -index

In the index the evening score is given higher weight since that indicates more how the day has been, but also giving some weight for the morning feeling so the sleep quality etc. are also taken into account. The morning score is intended to mark during the first hour of a day and the evening score during the last 2 hours of the day.

		M = Morning	E = Evening		
Daily scores					
Date	Mscore(1-10)	Escore (1-10)			
16.3.2023	6	8			
		Mweight	Eweight		
		0,33	0,67		
Date	Mscore	Escore	Total score		
16.3.2023	6	8	7,333333333		
=TODAY()	6	8	=(Mweight*Mscore + Eweight*Escore)		



Appendix B, Arts/entertainment etc.

Here is collected some art works and entertainment that I have appreciated during the quarter

Music:

[Sipe – Liikaa \(finnish hiphop\)](#)

- *Young and hungry undertaker*

[Arttu Lindeman – Anomaalinen \(finnish pop-rock\)](#)

-- *Never thought that Arttu would make to my top tier lists in music, ever, but never say never*

[VV – Neon Noir \(rock\)](#)

- *HIM's singer's personal project, actually I have never really liked HIM*

Album:

[Paleface - Autofiktio](#)

- *Grandpa Pale still dropping some hot stuff*

Podcast:

Lex Fridman Podcast

Episode of the quarter: [Shannon Curry](#)

- *Known from the Johnny Depp & Amber Heard trial*

Series:

The last of us (HBO)

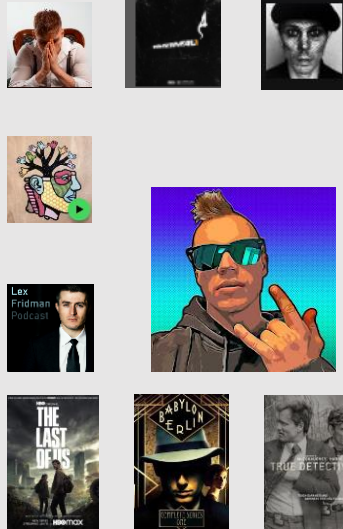
- *Great new series*

Babylon Berlin (HBO)

- *I had watched the first 2 seasons from Yle Areena back in a day, and now it was fun to watch the 3rd season*

True detective (HBO), but only the 1st season

- *One of my all time favorite series ever, and since my brother hadn't watch it I had to show it to him*



Movies

Punttikomedia (finnish fitness comedy) [youtube]

- *Had some funny inside jokes, for the people that are in the scene*

In the line of fire (thriller/action) {Netflix}

- *"A world can be a cruel place for an honest one"*

Navalny (document) [HBO]

It made me think what is really true?

Youtube:

Nordnet trader's club (finnish financial market/trading show)

[Allu](#) (finnish zerocontent vlog)

[Roy Immonen](#) (fitness)

[Elmer Stucki](#) (fitness)

- *Life goals:*

Get to play basketball w/ Niilo22 & Onni	<	Get to binge drink w/ Hjallis & Jethro	<	Get to inject L-carnitine w/ Elmer & Nuutti
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[Miltos Dimas - The Life of Gus Ade - a 9 year old surfer from Bali, Indonesia](#) (wonderful filming)

- *Thanks Stratos for sharing this in IG story*

