



*Veeti's Q2 '24 report*

Quarter report 7.7.2024

# Agenda

- Forewords
- Key figures Q2 '24
- Q2 actual vs. targeted values
- CBO comments Q2 '24
- Open mic
- Outlooks
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# Forewords

## *"be great"*

I have noticed that often times people who have made it in financially, or some other way achieved success, for example, in sports. talk a lot about being "great". Examples of this are Brian Shaw, Flex Lewis, Arnold etc. But are they great? Does being great mean to be better than other people in something and/or gain *materia* that most people don't have? How different are these people in private? Do they live in some kind of denial that they are just normal humans? Or maybe they are not just normal humanbeings...

I don't want to live in denial. I want to admit my mistakes, feel upset, and express my real emotions. I would like to be the same person in public as I'm in private, and be the same in real life and in social media. Maybe that will be the reason why I won't ever be great, but then so be it. I will rather choose to be myself, than some *fake it till you make it* –embodiment.

Is this also the reason why we Finns aren't making it? However, this might be the reason why we are the happiest nation for the 7<sup>th</sup> consecutive year.

This might be a bit irrelevant, but it is linked to the Q1 '24 forewords and I want to express my love towards airports and airplanes, as I think that I feel most emotions in airports or in airplanes. Maybe it's the excitement or the stress of plane falling down. However, airports are special places for me. I love you, airports <3

**Legal disclaimer:** This report is only intended to share my feelings, opinions etc. However, it will not include any political issues, as I value political neutrality. The report is done mainly in entertainment purposes. Nothing in this document is not meant to be anyway legally binding. If there is used notions like "the company" or other similar expressions referring to business activities, it is only meant as joke, since there is no business activities going on by the author (at least yet).

\*\*\*In business life the comparison is usually done between different fiscal years quarters, however I will only report the comparison between two consecutive quarters.

## Key figures Q2 '24

Figure	Q2 '24	Q1 '24	Change -%	FY '24	Unit
Total calories	313 879	304 018	3,24 %	617 897,2	kcal
Daily ave calories	3 449	3 341	3,24 %	3 395,0	kcal
Total training sessions	58	65	-10,77 %	123	sessions
Weight change	-0,5	6	-108,77 %	5,5	kg
Days sick	0	4	-100,00 %	4	days
Daily ave mobile screen time	2,89	3	-12,40 %	3,1	h
Energy drinks consumed	25	8	212,50 %	33	pcs
Books read	3	1	200,00 %	4	books
Conversations with strangers	4	6	-33,33 %	10	times
Lies told	1	2	-50,00 %	3	times
Stock portfolio	6,17 %	2,32 %	#N/A	8,49	Percent/ percentage point
Feel good -index	7,08	6,83	3,66 %	7,0	grade

# Key figures vs. target values Q2 '24

Figure	Q2 actual values	Q2 '24 targets	Difference	Unit
Total calories	313 879	300 000	4,63 %	kcal
Daily ave calories	3 449	3 300	4,63 %	kcal
Total training session	58	54	7,41 %	sessions
Weight change	-0,5	4	-112,50 %	kg
Days sick	0	0	#DIV/0!	days
Daily ave mobile screen time	2,89	3	-3,67 %	h
Energy drinks consumed	25	10	150,00 %	pcs
Books read	3	2	50,00 %	books
Converstaions with strangers	4	10	-60,00 %	times
Lies told	1	0	#DIV/0!	times
Stock portfolio	6,17 %	5 %	23,40 %	Percent
Feel good -index	7,08	7,0	1,14 %	grade



# CBO comments Q2 '24

Good quarter behind, maybe the best one this far in the reporting history. The quarter was best in the lights of numeric values, but also by subjective feeling. Feel good index overpassed value 7, and daily average mobile screen time stayed for the 1st time under 3 hours/day.

The past quarter didn't involve too many big milestones, and maybe that is also the reason for good quarter, as stress levels stayed in control. However, some big milestones were achieved; 1st ever work trip abroad, got the bodyweight over 200 lbs, and managed to incline dumbbell press 40 kgs for a set. The company also enjoyed very much of TRE training camp and mayors leg day, thanks to general armstrong for intensive training camp and to coach for hardcore leg training session! <3

Probably one of the biggest factor for a good quarter in terms of subjective feeling, has been the weather, which has been warm and sunny. I

feel that weather makes a huge difference how well the company operates.

Even though the quarter was good, it involved also some negative aspects, which are sleeping problems due to the heat, and comparison to others in social media. Especially the comparing is related to the fitness project, as it's hard to tell who is natty and how much can be faked with good lighting, camera angle etc... However, I think that it's good that I have noticed this and can therefore manage the company better. One solution for example is banning the IG search page from the company's operational officers.

Also it seems that I'm gonna cry about loneliness in every report, as yet again the company is missing some deep connection. Probably I should try harder to fix this...

– Chief Brain Officer

# Open mic

I don't want to make this too much about gender, but I'm glad that I'm not a female in social media.

Even though males posts on social media about events, expensive shit, big group photos etc. But at least in my feed it's way more common among girls & women to post about these things, which at least for me would create feeling of missing out and pressure to do/post similar things.

I think that IG should have a paid option, in which the search page would be hidden. This way you could only see the content from the people that you really want to.

Of course everyone has the right to post whatever they want, and it's build in us humans that we want to share our achievements and seek for attention. So eventually the responsibility to control your own emotions is in you, not in the content what others might post. You can always unfollow, block, and delete. However, I think it's a bit unfair that young people, even childs, should have so much selfcontrol...



# Outlooks



Good things will happen when you remember to be yourself and treat others fairly.

Q3 '24 can be one of the quarters you will remember the rest of your life, so remember to live it aka don't get stuck on your head.

Target values for the Q3 '24 are presented in Appendix A.

Thanks for reading and enjoy the end of the summer!



## Appendix A, Target values for Q3 '24

Figure	Q3 '24 targets	Unit
Total calories	300 000	kcal
Daily ave calories	3 400	kcal
Total training session	60	sessions
Weight change	5	kg
Days sick	0	days
Daily ave mobile screen time	3	h
Energy drinks consumed	30	pcs
Books read	3	books
Converstaions with strangers	15	times
Lies told	0	times
Stock portfolio	5	Percent
Feel good -index	7,5	grade

# Appendix B, **Arts/entertainment etc.**

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

- Music

- Eminem – Houdini
  - Waiting for the new (probably last) shady album to drop!
- Le Spirit – Mind Of Mine
  - Last thing I would like to be is to be a fucked up father
- Bad Omens X ERRA – Anything > human
  - General armstrong has a banger music taste

- Movies

- Top Gun: Maverick (Netflix)

- Podcasts

- Lex Fridman – Kevin Spacey

- Games

- Cube Escape: Underground Blossom (Mobile, Rusty Lake)