



Veeti's Q4 & FY '24 report

Agenda

- Forewords
- Key figures Q4 & FY '24
- Q4 actual vs. targeted values
- CBO comments
- Open mic
- Outlooks
- Appendices

Forewords

As the year changed it was funny to follow how different people act in social media. However, I noticed this year maybe a bit sad truth; finnish males ain't posting shit in social media. Well actually that is the truth overall; this group post very little on social media in general. But for me this again realized during the new year.

But not everyone wants to post on social media, so why is this sad?

In my opinion this is sad, as it is not about individuals, but concerns a large group of people. During the new year I watched so many posts made by females where they had gathered some cool moments from the past year into a recap video, and at least for me this indicates that they are proud of what they have done/experienced during the year that they want to share the moments to others too. Finnish males should be more proud of what they are and what they do.

However, as a finnish male as I watched all those recap videos I started to think why I can't feel the same kind of pride of what I have done or got to experience during the past year, and create a similar video. Somehow it feels wrong to post good experiences on social media, most often times if I post something it needs to have (IMO) somekind of clever point or something funny etc. This is stupid, and so are (finnish) males.

However, as I have posted rather much in social media during the past years, that is also one of the stupidest thing that a finnish hetero male can do :D At least if you aren't building a business or somehow want to take an advantage of social media. Posting basic stuff just to express yourself will only be noticed by your closest friends, if even by them. Nevertheless, I believe that only way to make social media less toxic, is by basic posts done by normal people.

Genuine human interactions are awesome, independent of the platform where they occur.

*normal people means people that don't have financial or political etc. agenda behind their social media activity

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 Q4 '24

Figure	Q4 '24	Q3 '24	Change -%	FY '24	Unit
Total calories	274 238	231 901	18,26 %	1 124 036	kcal
Daily ave calories	3 014	2 548	18,27 %	3 080	kcal
Total training sessions	57	56	1,79 %	236	sessions
Weight change	3,1	-6	-151,67 %	-0,2	kg
Days sick	9	3	2	16	days
Daily ave mobile screen time	2,4	3,1	-22,58 %	2,8	h
Energy drinks consumed	18	42	-57,14 %	93	pcs
Books read	0	1	-100,00 %	5	books
Conversations with strangers	8	16	-50 %	34	times
Lies told	0	2	-100,00 %	5	times
Stock portfolio	-4,20 %	6,87 %	#N/A	0,1263	Percent/ percentage point
Feel good -index	7,1	7,17	-0,98 %	7,02	grade



Key figures vs. target values Q4 '24

Figure	Q4 actual values	Q4 '24 targets	Difference	Unit
Total calories	274 238	300 000	-8,59 %	kcal
Daily ave calories	3 014	3 400	-11,35 %	kcal
Total training session	57	60	-5,00 %	sessions
Weight change	3,1	3	3,33 %	kg
Days sick	9	0	#DIV/0!	days
Daily ave mobile screen time	2,4	3	-20,00 %	h
Energy drinks consumed	18	20	-10,00 %	pcs
Books read	0	4	-100 %	books
Converstaions with strangers	8	8	0 %	times
Lies told	0	0	#DIV/0!	times
Stock portfolio	-4,20 %	500 %	-100,84 %	Percent
Feel good -index	7,1	7,5	-5,33 %	grade



Key figures FY '24 & FY '23

Figure	FY '24	FY '23	Change -%	Total	Unit
Total calories	1 124 036	1 151 056	-2,35 %	2 275 092	kcal
Daily ave calories	3 080	3 154	-2,33 %	3 120	kcal
Total training sessions	236	182	29,67 %	418	sessions
Weight change	-0,2	6,5	-103,08 %	6,3	kg
Days sick	16	27	-41 %	43	days
Daily ave mobile screen time	2,8	#N/A	#N/A	#N/A	h
Energy drinks consumed	93	47	97,87 %	140	pcs
Books read	5	5	0,00 %	10	books
Conversations with strangers	34	28	21 %	62	times
Lies told	5	12	-58,33 %	17	times
Stock portfolio	12,63 %	-9,72 %	#N/A	0,0291	Percent/ percentage point
Feel good -index	7,02	6,5	8,00 %	6,75	grade

CBO comments Q4 & FY '24

The Q4 of 2024 and overall the year was good year. The biggest problem during the last quarter was to stay healthy, which hindered the gym project, and also affected the feel good index.

Hopefully next year I can decrease the amount of sick days by focusing more on hand hygiene and wearing proper clothes.

It would be awesome still to find a gym or life partner, but the company has been able to find some peace of mind and tries to just focus on living day by day.

Xmas was different this year and it was

super chill, however somehow it didn't feel that christmasy. Lost a ham roasting virginity and the outcome was ok, next year even better ham will be delivered, promise that.

I think that this time I will keep this section short as there is not so much things to complain or highlight, good performance.

Let's keep on pushing and let's make the year 2025 even better one!

– Chief Brain Officer

Open mic

Finnish economy has performed poorly during the past years, however as the Finns hate to be below the average, I believe that the upcoming few years will be good.

Judge people by their appearance, shame on you.

Children should be let to be children and they shouldn't bare the stress of adult's bad decisions.

It's important to remember to smile! 😊

Outlooks



Remember to treat others fairly.

Q1 '25 will be rather harsh quarter, but hopefully it will also be rewarding. It will also reveal if I have what it takes to finish the fitness project later on this year.

Target values for the Q1 '25 are presented in Appendix A.

Thanks for reading and have a wonderful new year!

Appendix A, Target values for Q1 '25

Figure	Q1 '25 targets	Unit
Total calories	280 000	kcal
Daily ave calories	3 100	kcal
Total training session	60	sessions
Weight change	0	kg
Days sick	0	days
Daily ave mobile screen time	3	h
Energy drinks consumed	30	pcs
Books read	1	books
Converstaions with strangers	5	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

- 219Osok – Vain elämää (feat. Juno)

- Vittu että bängää ja puhuttelee

- DJ Khaled – All I do is Win (feat. Ludacris ...)

- In Big Bang theory Howard rapped this and it was one of my fav scenes

- Three Days Grace – Tell me why

- No one knows why

- Movies & Series

- Harry Potter 1-5 (HBO)
 - Juror #2 (HBO)
 - La La Land (HBO)
 - The Big Bang Theory, all seasons (HBO)

- Podcasts

- Math & Physics podcast: Episode 4, Pekka Sinervo

- Torille! Found this podcast by accident, and it has been fun to listen as the hosts are super enthusiastic