

Forum:[Hack Forums](#)

Thread: [Update: Free from Borrelia| Mega Self-Improvement Journey \(Big Project Starting NOW\)](#)

Frukt - September 2, 2017, 6:46 am

Last Update:

(Sep 17, 2017 07:45 AM)FruktFPS Wrote: [\[CITE\]](#) Setptember 17th, 2017

I'll be starting today, I've fully recovered from Borrelia and had a busy religious camp this weekend.

Will start tomorrow with everything on the list, only 17 days late...

I'll be swimming some days and running some days, I will train abs and arms every day but nothing big.

I'll also ONLY eat healthy, not some fancy diet. I'll eat the delicious home cooked food and nothing processed, I'll also do my best to keep away from sugary stuff to help my acne.

This is the beginning of a new chapter in my life, let's get started.

Pictures will be taken and uploaded if I want to, not sure yet.

Old Updates

Spoiler [\(Click to View\)](#)

(Sep 14, 2017 12:50 PM)FruktFPS Wrote: [\[CITE\]](#) Update:

September 14th

I'm now healthy.

I have camp this weekend.

I will start EVERYTHING after camp, I also forgot to add that I will be eating veggies a lot to help my acne and generally healthy.

Wish me good luck ?

(Sep 5, 2017 07:25 AM)FruktFPS Wrote: [\[CITE\]](#) September 5th

Update:

I got Borrelia on the same day I started this project and guess what....

I ran and exercised like normal and it made me super sick. I can't eat anything because everything I eat will end up going up again...

Went to the hospital and they said the Borrelia could've attacked my nerve system and that it will require a painful test to see if Borrelia actually has attacked my nerve system.

I haven't been able to sit up and meditate and I haven't been able to take a picture of my body nor run.

I sadly think I will shoot this up at least 5-10 days, in worst case 15 days.
It could take months but I should hopefully be recovered in ~15 days.

I will aim at starting on September 20th with extreme power and make myself stronger than ever.

Wish me good luck, rough start but nothing can stop me,
-Frukt

Self-improvement "Junkie" here ? This is going to be a blast!

TL;DR In the end ?

I've been reading on Reddit and watching YouTube videos about self-improvement. Some of you might have heard about self-improvement here but I'll include a definition for it anyways :)

self-improvement

the improvement of one's knowledge, status, or character by one's own efforts.

"avid for self-improvement, he continued his education after school"

(The variables will be explained further down!)

My Journey will start today (September 2nd)! ?

What I'm going to do;

Meditate everyday

Run everyday

Not Fap for X* days

Take a picture of my body every Y* days

Take a picture of my face every Z* days

Write down money earned every time I earn money

Write down my weight every Y* days

Not drink any soda ever, only water

That's pretty much it ?

* Now to the X, Y, Z.

I need your help HF to decide how often I should do it.

Be creative and give me something I would be able to pull off.

(Regarding NoFap: I will do it for at least 60 days)

Why I will be taking a picture of my face every Z days is to see how my acnes develops and to see my grow up.

Why will I be doing this?

Why not? I will be doing this because I recently started at a new school and want to be at my top there.

I also got scammed and lost everything I had (\$3000) and I now want to fully rebuild myself and grow my money.

This time I will save everything to be able to look back at it and see how fast/slow I can earn it back.

I will provide a picture to this thread as time goes by, I will also make a video of all the pictures into a time-lapse.

Example:

Spoiler ([Click to View](#))

[Video: <https://youtu.be/-Plk7TLNmsU>]

<https://youtu.be/-Plk7TLNmsU>

For all the lazy people that are too lazy to write, I'll make a template where you can suggest how often/how many days I will do something said above.

I think you should do NoFap for: (days)
You should take a picture of your body every: (day)
You should take a picture of you face every: (day)
Copy and paste Spoiler [\(Click to View\)](#)
Code I think you should do NoFap for:[color=#FF6347] Here [/color][size=small](days)[/size]
You should take a picture of your [b]body [/b]every:[color=#FF6347]
Here[/color] [size=small](day)[/size]
You should take a picture of you [b]face [/b]every:[color=#FF6347] Here [/color]
[size=small](day)[/size]

Pictures coming

TL;DR I will be doing exercises every day for X amount of time, I need help how often I should do these things.

Check the form above to quickly let me know how often.

That was everything for me! Let me know what you think ?

Chosen 1 - September 2, 2017, 7:01 am

I think you should do NoFap for: Don't at all
You should take a picture of your body every: 2 weeks
You should take a picture of you face every: 2 weeks

device - September 2, 2017, 7:06 am

I think you should do NoFap for: A month first
You should take a picture of your body every: Week
You should take a picture of you face every: Week

Good luck OP.

CA905 - September 2, 2017, 7:25 am

I would say weight yourself once a week at the same time after your morning piss before you eat.

Take progress pics once a month.

I don't really think you need a pic of your face specifically, just take full progress pics.

lynnex - September 2, 2017, 7:38 am

(Sep 2, 2017 06:46 AM)FruktFPS Wrote: [\[CITE\]](#) My Journey will start today (September 2st)! ?
What I'm going to do;
Improve your grammar a bit first "2st"
But good luck

James Burnham - September 2, 2017, 7:50 am

Put something fun in the schedule. Your plan looks insanely strict.

Frukt - September 2, 2017, 8:03 am

(Sep 2, 2017 07:01 AM)Pontifex Wrote: [\[CITE\]](#) -

I will do NoFap, I'm very confident that it will benefit me if I restrain myself from fapping.
Thank you for your input!

(Sep 2, 2017 07:06 AM)The Worker Wrote: [\[CITE\]](#) -

Like the idea of taking 1 picture every week.

Weekly sounds good for the body but face will be more often. Maybe 2 times a week.

I've done NoFap and did 1 month and 1 week. I did relapse sadly and aiming at doing a minimum of 60 days.

Thank you for your input!

(Sep 2, 2017 07:25 AM)CA905 Wrote: [\[CITE\]](#) -

Cool idea with doing it in the morning. I'm very fit now, didn't mention that in the thread but I already have abs and I'm more fit than my friends.

Once a month is way too long in my opinion but thank you for your input :)

(Sep 2, 2017 07:50 AM)? Mr. Burnham ? Wrote: [\[CITE\]](#) Put something fun in the schedule. Your plan looks insanely strict.

Haha does it? Running will be the only thing that might be boring or hard to fit in my schedule.

Not sure what else to put, If you have any advice on what I should add let me know ? I have a lot of fun and I'm out on adventures a lot.

Thank you, Burnham, for your input.

device - September 2, 2017, 8:39 am

Your welcome man, the start is always the hardest, it just gets easier and easier. We condition and auto-discipline ourselves.

AliveAgain - September 2, 2017, 10:40 am

Check your pm and I wish you good luck on this journey. Love to see members pushing themselves to improve.

3polix - September 2, 2017, 11:01 am

I think you should do NoFap for: A Month

You should take a picture of your body every: Once a Week

You should take a picture of your face every: Once a Week

SIM-504938 - September 3, 2017, 4:14 pm

Nofap will help. Do it for as long as you can a month minimum.

Seek meditation and never stop with it.

Frukt - September 5, 2017, 7:25 am

September 5th

Update:

I got Borrelia on the same day I started this project and guess what....

I ran and exercised like normal and it made me super sick. I can't eat anything because everything I eat will end up going up again...

Went to the hospital and they said the Borrelia could've attacked my nerve system and that it will require a painful test to see if Borrelia actually has attacked my nerve system.

I haven't been able to sit up and meditate and I haven't been able to take a picture of my body nor run.

I sadly think I will shoot this up at least 5-10 days, in worst case 15 days.
It could take months but I should hopefully be recovered in ~15 days.

I will aim at starting on September 20th with extreme power and make myself stronger than ever.

Wish me good luck, rough start but nothing can stop me,
-Frukt

Don Genovese - September 5, 2017, 8:55 am

Fuck, sad to hear that update. Hope you get well soon and recover, so you can continue this challenge.

Challenge sounds great by the way man.

Frukt - September 14, 2017, 12:50 pm

Update:

September 14th
I'm now healthy.

I have camp this weekend.

I will start EVERYTHING after camp, I also forgot to add that I will be eating veggies a lot to help my acne and generally healthy.

Wish me good luck ?

Saged - September 15, 2017, 4:54 pm

No Fap is more a self-discipline (and to defeat an addiction) thing than a health improvement thing (it DOES have benefits, more energy, happier, etc), but I find them more to be a mindset than any actual physical improvement. Otherwise people wouldn't have sex.

Also, I'd recommend adding some kind of martial art to help with the cardio/meditation as you can combine the two in a way. Same with lifting, you get strong, look better and feel great.

luffy - September 16, 2017, 6:01 am

Glad to see you're working on bettering yourself OP! I've Pm'ed you a suggestion.

henryladue - September 16, 2017, 10:15 pm

Glad to see all your updates. Wish you would respond to the fake method you sold me.

Frukt - September 17, 2017, 7:45 am

(Sep 15, 2017 04:54 PM)Saged Wrote: [CITE](#) -snip-

I've done NoFap before and I can tell you it was very tempting to wank after 3-4 weeks.

It was so hard that I had to do something in order to resist and that meant I went out training or riding my bicycle and always hanging out with friends.

I know for a fact it works really good for me and WHY NOT ?

I'll be starting today, I've fully recovered from Borrelia and had a busy religious camp this weekend.

Will start tomorrow with everything on the list, only 17 days late...

I'll be swimming some days and running some days, I will train abs and arms every day but nothing big.

I'll also ONLY eat healthy, not some fancy diet. I'll eat the delicious home cooked food and nothing processed, I'll also do my best to keep away from sugary stuff to help my acne.

This is the beginning of a new chapter in my life, let's get started.

Pictures will be taken and uploaded if I want to, not sure yet.

Yung Weej - *September 17, 2017, 4:52 pm*

so u have time to write ur gay fucking journal, but u cant provide support for ur shit method. fucking clickbait loser