

Forum:[Hack Forums](#)

Thread: [And after time goes by.. Diary of UOENO 22.2.2020](#)

uoeno2394 - February 22, 2020, 3:31 am

Hello randoms(hope no one gets hurt from that word).We are all randoms in some point in our life.Enough bullshit lets talk about me.This diary will be about my life that i want to change.Excuse my english it is not my native language i might sound dumb lol.I am UOENO and i am happy to meet all of you.High school dropout with not much success in life despite being high elo LOL player and gamer.I am tired of wasting my fucking life i want to get back into training in the gym to be the focused person i was before.Finish my studying and take a new step in life.Becoming the person i want to be with not a single regret.I always did not care what people say but now i am just fucking insecure.Thread named after a ZYZZ video hope OGs find it :P.

Day fucking 1

Since i gained alot of weight fucking 20 kilos i am about at 100 105 kgm with probably 20 % bodyfat.Have some muscle trained for 5 years straight abused roids now i am at the bottom starting from 0.It will be a fun journey or a massive failure.The reason i make this diary is to fucking motivate you and myself at the same time.Nothing is impossible in this life.

woke up this morning 98 kgm without eating LOL

At the moment i got a flu from I DONT FKING KNOW.Went outside twice and got it.My Immune system sucks at the moment same for my eating habits.Messed up alot myself in the past 2 years. Will start counting calories soon first let me fix my eating habits.I am hungry all the time might aswell bulk to 120 kgm and drop dead LOL.Nah joking i am not functional at the moment on that weight.Life is kinda shit when your body is not in condition when it was in the past.

Meal 1 Oatmeal yoghurt banana.Time for Meal 2 i wonder what it will be maybe eggs and some sort of vegies with a slice of whole wheat bread.Budget atm is low.I need to stop being a lazy random dog and fucking go cook my meals for the day.Maybe Meal 3 some sort of rice vegies and meat proly chicken.Meal 4 will be probably the same.Meal 5 some cottage cheese with something maybe potatoes or like whole wheat bread.Meals might change but for now this is the plan.5 meals and some water.I have problem drinking fucking water like i am so inconsistent with it.One step at a time later i will go out for a walk since i am still sick taking fucking pills.I have no energy for whatsoever.Need to fix my sleep schedule to wake up as early as possible going to the gym.Dont want anyone to see me training must be a fucking secret so i can focus.No friends nothing can help you at this point in life only you and discipline.In the free time i will try to learn coding and ewhoring.I am like a fucking rat at the moment

No money no people around me might get a third tier job in a shop or something i dont fucking know still.

Looking forward to post here everyday.I dont know if this is the right place hope it is.

P.s Will keep you updated what is going on going to cook atm.My kitchen fucking sucks i hate being there its like super cold old but we gotta do what we have to do in order to have what we want.One more reason to keep going!

Luca - February 22, 2020, 3:37 am

Good on you for trying to improve your life. We are rooting for you!

uoeno2394 - February 22, 2020, 4:10 am

(Feb 22, 2020 04:37 AM)LukaNo007 Wrote: [\[CITE\]](#) Good on you for trying to improve your life. We are rooting for you!

Thank you bratan!.Got motivated alot from this not gonna lie.Meal 2 done 5 eggs 1 slice of cheese salad of cucumbers and tomatoes with 2 slices of bread.Thinking about meal3 and meal 4.

Goku - February 22, 2020, 4:20 am

Wow I can relate to OP with many things lol. Good luck on fixing your life and good initiative ??

uoeno2394 - February 22, 2020, 4:27 am

(Feb 22, 2020 05:20 AM)Goku Wrote: [\[CITE\]](#) Wow I can relate to OP with many things lol. Good luck on fixing your life and good initiative ??

Thank you will try my best hope it helps others.Motivating me alot to continue what i do.

mirale - February 22, 2020, 5:52 am

Good luck in life, I wanna see that improvement ;)

uoeno2394 - February 22, 2020, 7:12 am

Update blasting hard hardstyle and ZYZZ playlists.Hard with style decided to have a snack before meal 3.A sandwich with 2 slices of bread and in the middle cottage cheese

little bit of ketchup low calorie one and a half of cucumber.I was still hungry so i ate one apple.I am such a fcking hungry pig.Atleast pig with a plan LOL.Will wash dishesh and make meal 3 and 4 i guess..

(Feb 22, 2020 06:52 AM)mirale Wrote: [\[CITE\]](#) Good luck in life, I wanna see that improvement ;)

Thank you broski.One step at a time i will get there with your help!

Pikzul - February 22, 2020, 7:15 am

Good luck my friend, sounds like you're off to a great start.

uoeno2394 - February 22, 2020, 7:18 am

(Feb 22, 2020 08:15 AM)Dollar General Wrote: [\[CITE\]](#) Good luck my friend, sounds like you're off to a great start.

Not really i wont expect my first day to be perfect.I am kinda slacking on my journey of the best ewhore LOL.

Pikzul - February 22, 2020, 7:19 am

(Feb 22, 2020 08:18 AM)uoeno2394 Wrote: [\[CITE\]](#) Not really i wont expect my first day to be perfect.I am kinda slacking on my journey of the best ewhore LOL.

Don't give up soldier. You can do it! ???

uoeno2394 - February 22, 2020, 7:20 am

Thanks all for ur support i hope all of us one day achieve what they want.Be the best version you can be every day even if you are slow progressing.?

Edit: I was about to go out but i decide not to risk my health still sick.But i was motivated so i decided i do something instead of staying on my chair.I decided to do a little workout i was like its super easy LOL.I was training half of my life no problem legit hardest workout ever and it was so little my body is just not ready.Push ups Diamond pushups burpees i had like 3 kgm dumbell laying catching dust and mold LOL biceps curls and shoulder side raises.3 sets of 5 reps of each targeted my upper body.I was like this workout cant do much to me right.Guess i was wrong i got like asthma(not really but ye) mid set 2.Even with 1 to 2 minutes rest.My condition sucks for sure.Decided meal 3 to be another sandwich with cottage cheese like before.Now i will cook and eat my last meal

blasting hardstyle it will be chicken breasts and some sort of salad again will go to bed early so i wake up early and do some work. I did little today on my study but atleast my meals were good today. Will try to watch as much from my fcking series so i dont get distracted from it. Procrastinating really fucks me up at this point need to find a fix.

P.S Did not go out for 1.5 years really fucked me up dont ask me why i did it no fcking reason.