

Practice diary

Week 1

Monday 02/19

I started my internship by doing a video call with Ed and we were talking about the importance of having a good CV for when I have finished my degree, so that finding a job is easier for me... After the call I started creating my own resume following the guide lines he gave me. I also started writing the cover letter, but I didn't know exactly how to approach it and I thought about it several times.

Tuesday 02/20

I finished the curriculum and started researching how to make a good cover letter and I found many different types and several templates to start from, in my case it told me that it had to be specific for an English football academy.

Wednesday 02/21

I had a call with Ed to talk about the cover letter and update him on what I've been doing. He also mentioned what we were going to do in the next few days: infographics, specifically about post-competition meals for a French football team that He competes every Wednesday and every Saturday (he told me he will focus on a lot of refined carbs and little fibre). I finished the cover letter and sent it to him along with the CV. I've been researching infographics because I'm concerned about whether they're effective.

Thursday 02/22

I had a call with Ed about infographics for the recovery of footballers who play every 3 days and then we talked about what my ideal job would be after the race and he gave me a lot of advice. He told me to take specialized courses in body composition and phlobotomy to have a certificate and be "ahead" of others. We talked about how to live as a sports nutritionist and what the environment is like in the world of work along with the 5-year plan.

Friday 02/23

I started making the infographics for the French team and finished them. I did the one with the match refeed every 3 days first and it was more complicated for me because it didn't have any basis, I did a lot of research to make it visual and concise. The second, the 7-day refeed, was easier.

Week 2

Monday 02/26

We were trying to solve some file compatibility issues and he told me his idea about infographics, we planned a call for this week.

Tuesday 02/27

We plan to create a website and content for social networks, I was looking for ideas for content

Wednesday 02/28

I was researching how to make a good static web page to be able to make a good optimized blog and providing quality content.

Thursday 02/29

I found the best way to create my website

Friday 01/03

I proceeded to buy the domain and hosting

Week 3

Monday 04/03

I started creating the texts for my website.

Tuesday 05/03

I had a problem with the generation of the website, I need to solve the issue with the hosting

Wednesday 06/03

Ed sends me to make an infographic on nutrition in Ramadan for a football team. He sends me an example that he likes and I start doing it

Thursday 03/07

I had a call with Ed to talk about the first infographic, the CV, the Cover Letter and the last work I did from Ramadan. . . we spent an hour talking and he told me that the Ramadan infographic was very good and that he just had to change a few subtle things. The CV part told me not to put me as an expert and not to talk about intermittent fasting and ketosis because they are critical words that carry a lot of prejudices. Regarding the cover letter, he told me that it was of no use to the world of British sports and that they would have thrown it in the trash, along with the CV, he says that it is very good to present it to businesses where you can do internships to obtain money and experience, improving the health of staff and the profitability of the company. The first infographic I made needs to be improved, proposing more specific actions and including a timeline in the case of matches every 7 days.

Friday 03/08

I started making changes to the infographics and looked for solutions for the website.

Week 4

I created a bunch of infographics and I got sick, I talked to Ed and we updated, he told me that he had to go to the French football team on Tuesday of the following week. I also attended the launch of Ed's new brand of relaxation drink, Hibern8, which debuted this week. I was talking to Ed about the calming drink, the importance of sleep, and counteracting energy drinks. This week I put aside the website, but I will return to it soon.

Week 5

Monday 03/18

I found solutions and started looking for more information for my website, especially about how to use hugo (a static website creator). I chose the template I was going to use from the various options available

Tuesday 03/19

Today Ed went to the French team and also showed them some infographics that I had made. I tried to create my website using hugo but it gave me an application version error

Wednesday 03/20

I talked to Ed a little and he told me how the trip to France went, then I started making the website with Hugo again. This time he downloaded all the dependencies and I started creating my website, but he gave me an error. I started looking for another template that was easier to use.

Thursday 03/21

Once I found the template, I finally started to create the website from scratch, watching tutorials on YouTube and reading the documentation of Hugo and the template I chose. Everything seemed to work well, I created a home page, a posts page and adjusted the menu to have a website-wide search and navigation. I added my information and photos to the home page, editing the markdown files. I did some tests to see all the possible functions available and I was satisfied with what I obtained.

Friday 03/22

I wrote my “about” page and decorated it how I liked. I found some ideas to put in future articles that I am going to write. I updated Ed on what he was doing.

Holy Week (6)

I was doing a little bit of the website and I started to see how to make it in multiple languages, I spoke with Ed on WhatsApp and he told me that he had big projects prepared with hibern8

Week 7

Monday 01/04

I was making my website, I rewrote the page about me and made the homepage. I wrote Ed what he was doing and he sent me to make recipes this time, instead of infographics.

Tuesday 02/04

I spoke with Ed in a 1-hour call, we talked about how to make the recipes, what the following weeks were going to be like, he told me about the courses he wanted me to take in Coursera, the phlobotomy course, the ISAK and others, like the food safety and anti-doping of the United Kingdom. Then he also told me that he had to look for scientific articles (do a bibliographic review) and then write an article about sleep for hibern8 (benefits, problems and solutions).

Wednesday 03/04

I started researching sleep, as Ed told me, and then wrote the article for hibern8. I found several very relevant articles from the last 5 years, among them are those that talk about the impact of diet, specifically the interaction of carbohydrates and sleep and also how caffeine affects it. Others include benefits of sleep on memory and daily acting and reflex abilities, as well as improved mental health and sports performance. The most curious studies were those that related sleep to physical activity, saying that the latter improves if you sleep better and that performing high-intensity physical activity continuously, finishing it 2 hours before going

to sleep, does not affect sleep, It would even improve conciliation if it is not done often. Then I also found a very large article in Nature that compared the Netherlands to the UK and the US.

Thursday 04/04

I sent the articles to Ed and he told me that he was talking on hibern8 because he has to complete some important orders in Asia and he thanked me very much for the studies I presented to him. He was also telling me that due to lack of sleep (he sent emails at 2 in the morning to respond to Asians), he forgot to tell me that he could also include web pages of interest, as long as they were trustworthy and not just articles. scientists.

Friday 04/05

I spoke with Ed about jetlag strategies and how to incorporate hibern8 into the strategy, it has to be taken 1 hour before bed so that half of the ingredients have a relaxing effect and then the other ingredients make you sleep

Week 8

Monday 04/08

I started to investigate the cases of burnout at work, especially in UK, I did a small literature review and came up with some interesting studies and statistics for hibern8.

Tuesday 09/04

I wrote the about page of my website again because I didn't like how the first one looked. I took a look at the courses that he told me about and spoke with him about doing the ISAK in the future and all the recommendations he gave me to do before taking the course, so I will be more prepared

Wednesday 04/10

I wrote blog posts about the videos I had posted and brainstormed ideas for improving my productivity and creating content to post.

Thursday 04/11

I started the Science of diet and exercise course on Coursera

Friday 12/04

Ed explained to me what he's working on, the Hibern8 projects, and told me that he's going to be a little busier next week.

Week 9

I dedicated myself to finishing the publication of my website and finally I got it, now everything is online and working as I want. I was also doing the course and proposed the articles for hibern8

Week 10

Monday 04/22

I continued taking the course on coursera and looking for information for the articles I want to publish. I was “fighting” with the RSS feed of my website

Tuesday 04/23

I posted the sleep article on my website in which I also reference hibern8 at the end of it.