

WEEKLY REVIEW

May 3 - 9, 2026

"One must imagine Sisyphus happy."

- Albert Camus, The Myth of Sisyphus

A week of relentless momentum. From crushing Ratio exercises with near-perfect accuracy to building an autonomous MCP server with terminal access and a Telegram file relay, Jay balanced the demands of CAT preparation, a healthcare internship, and deep engineering work, all while navigating philosophical reflections on absurdism, circles of existence, and the meaning of the grind itself. This document is a receipt of that week, generated entirely by an AI agent running on Jay's MacBook and delivered to his phone via Telegram.

96.5%

Peak CAT Accuracy

6

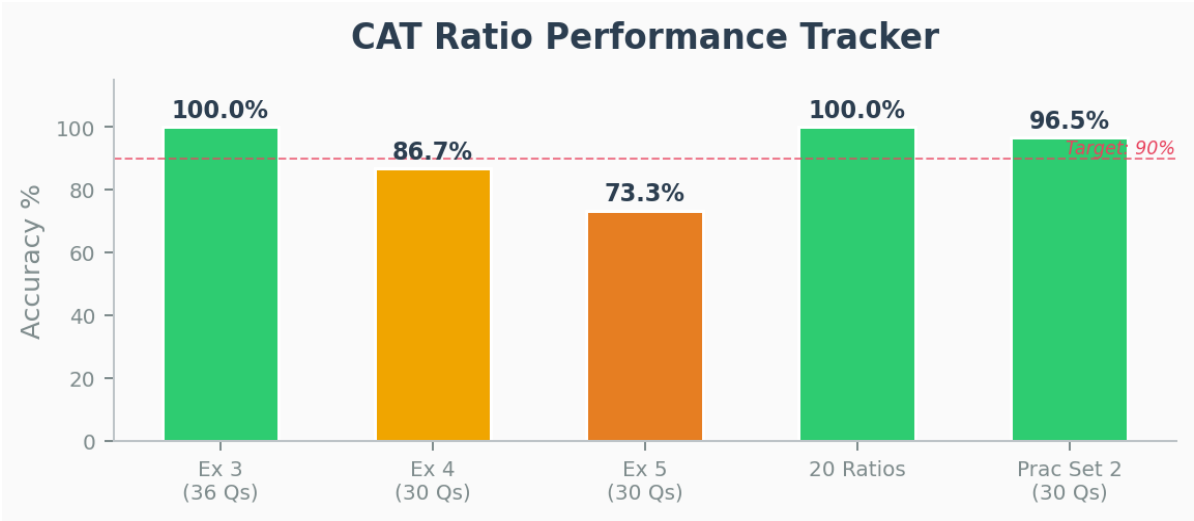
Projects Shipped

4 AM

Avg Wake Time

Generated by Littlebird via mac-orchestrator MCP | reportlab + matplotlib | Delivered via Little Birds Nest (Telegram)

CAT PREP DASHBOARD

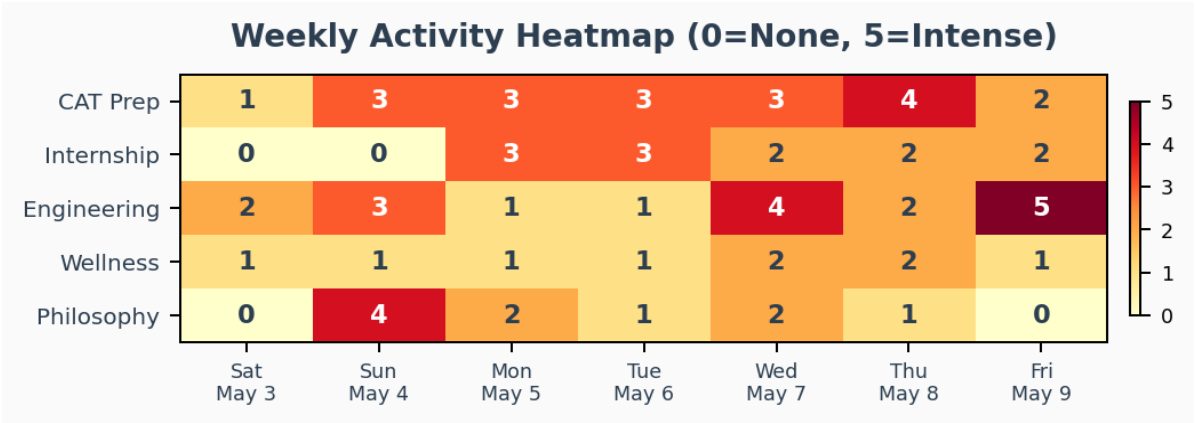


Detailed Performance Breakdown

Assessment	Questions	Correct	Accuracy	Verdict
Exercise 3 (Compound Ratios)	36	36	100%	PERFECT
Exercise 4 (Ratios to Values)	30	26	86.7%	SOLID
Exercise 5 (Mixed Ratios)	30	22	73.3%	NEEDS REVIEW
20 Ratio Questions	20	20	100%	PERFECT
Practice Set 2 (Difficult)	30	29	96.55%	ELITE

Strategy: Accuracy over speed. This week validated the approach with a 96.55% accuracy on the hardest practice set (28/30 in 2 hours). Speed will come from pattern recognition as the foundation solidifies. **Next:** Variation → Percentages → Profit/Loss & Interest → Averages.

WEEKLY ACTIVITY MAP



INTERNSHIP & ACADEMIC DELIVERABLES

Deliverable	Category	Status
NABH NC Resolution - BMW Storage Area	Compliance	Completed
Ambulance MOU - Artham Hospital	Legal/Admin	Drafted
Dianamik GIC Application Guide	Insurance	Formatted
Hospital Equipment Inventory (Excel)	Operations	Extracted
Patient Query Tracking Sheet	Analytics	Built
Qimpro Professional Profile	Career	Updated
Aditya Birla Empanelments (x2-3)	Insurance	Completed

ENGINEERING LOG

mac-orchestrator (MCP Server)

Transformed a basic macOS automation MCP server into a comprehensive autonomous agent. Added **run_terminal_command**, **read_file**, **write_file**, **list_directory**, and **smart_search** tools, giving the AI full terminal and file system access. Integrated a **Telegram bot** ("Little Birds Nest") for cross-device file delivery, enabling remote access to the MacBook from a Galaxy S24 Ultra. The result: a private, zero-cost, fully sovereign alternative to cloud-based computer control tools.



Asptor (Static News Reader)

Built a complete ad-free, static news aggregator deployed on GitHub Pages. The 3-phase pipeline fetches RSS feeds from The Hindu and other Indian publications, cleans and deduplicates articles, and publishes a minimal static site. Automated via GitHub Actions to refresh every 4 hours. Born from a frustration with Indian media quality and a desire for literary-grade journalism to sharpen VARC skills for CAT.

Midnight Neuroplasticity (AI Memory Routine)

Designed and deployed an autonomous "dreaming" routine for Littlebird. A scheduled process scans 24 hours of screen context and chat history, triages data into long-term identity updates vs. short-term tactical cache, and delivers a morning briefing. Inspired by Claude's "dreaming" feature, built entirely using Littlebird's native Routines system.

Wispr Flow "Intent Guard" Transform

Crafted a custom dictation transform that preserves the raw, unpolished voice of spoken text while surgically correcting only the places where transcription lost the intended meaning. Philosophy: the words stay Jay's, the AI only bridges semantic gaps.

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