aily Plan	2pm	Priority tasks for mental health and wellbeing:
Schedule		
	3pm	
	4pm	
Sam		To do list - essentials:
	5pm	
7am	6pm	
Bam	7pm	
Jam		Meal Planner:
	8pm	
l0am	9pm	
l1am		
aiaiii	10pm	Notes:
l2pm	11pm	
lpm		
hui	12pm	

#Merky Books x HSBC Futures

