You are given an integer array prices where prices[i] is the price of a given stock on the i<sup>th</sup> day.

On each day, you may decide to buy and/or sell the stock. You can only hold **at most one** share of the stock at any time. However, you can buy it then immediately sell it on the **same day**.

Find and return the **maximum** profit you can achieve.

## Example 1:

```
Input: prices = [7,1,5,3,6,4]
```

Output: 7

**Explanation:** Buy on day 2 (price = 1) and sell on day 3 (price = 5), profit = 5-1 = 4.

Then buy on day 4 (price = 3) and sell on day 5 (price = 6), profit = 6-3=3.

Total profit is 4 + 3 = 7.