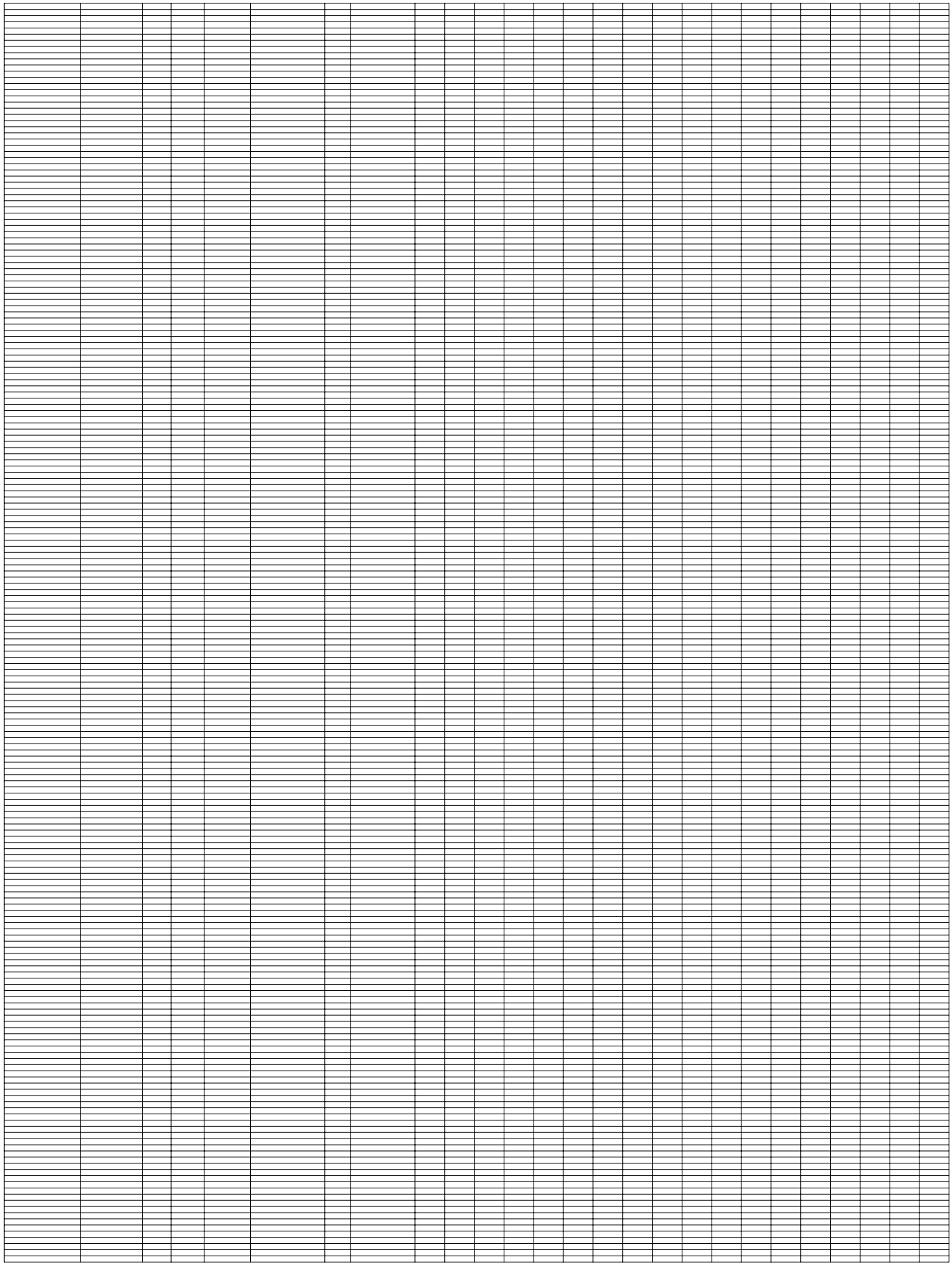
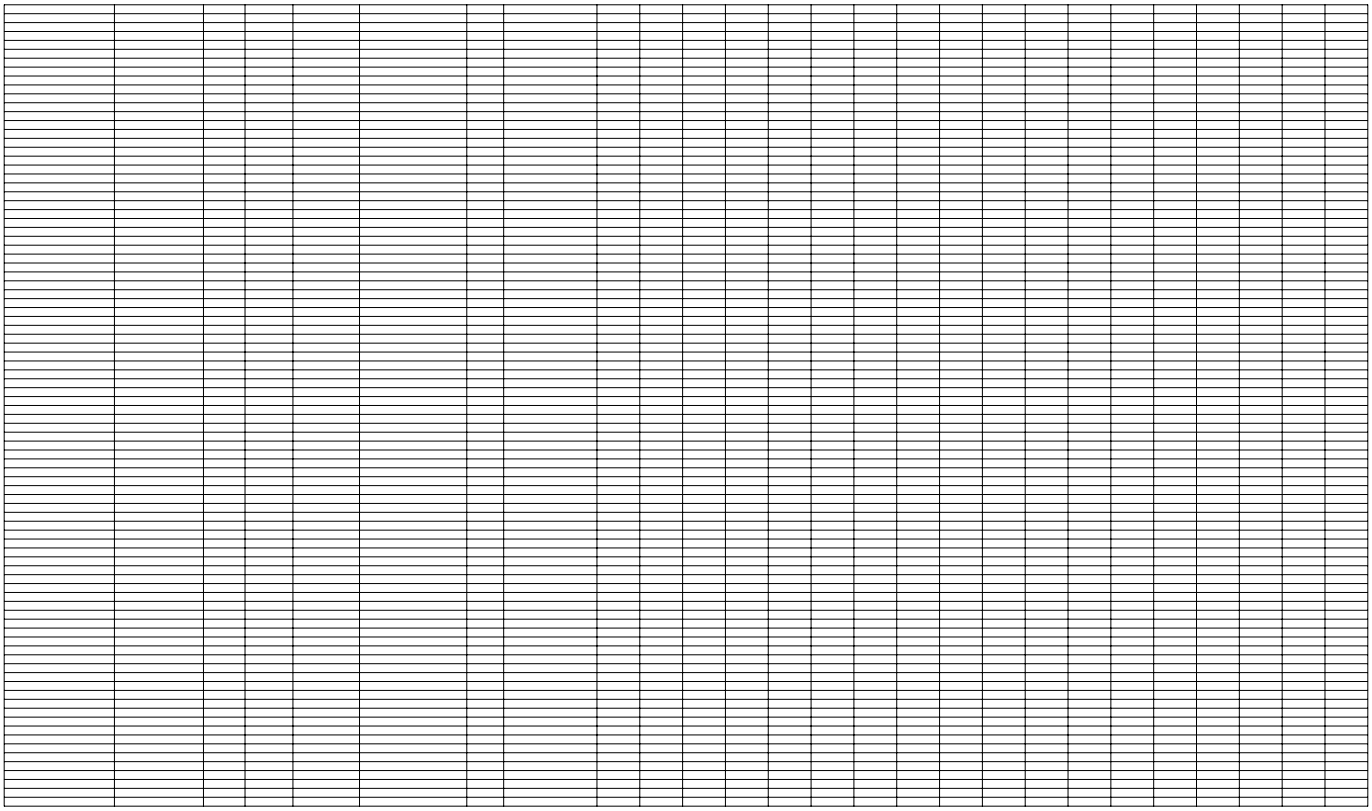
Date	Task/Event	Deadline	Duration	Venue	Schedule	Checklist	Remainder / Comments
Sunday, October 1, 2023	Daily Sync	7:06 AM	2mins	Discord	7:06am - 7:08am	**Done**	
	Breakfast	7:08 AM	30mins	Home	7:08am - 7:38am	**Done**	
	Journey to Waterloo	7:38 AM	1hr	Journey	7:38am - 8:38am	**Done**	
	Train Ride to Guildford	9:00 AM	40mins	Train	9:00am - 9:40am	**Done**	
	Search for FT Job Links	10:00 AM	1hr	Wetherspoons	10:00am - 11:00am	**Done**	
	Walk to work	11:00 AM		Walk	11:00am - 11:25am	**Done**	
	Work	11:30 AM	4hrs	Nandos (Guildford)	11:30am - 15:30	**Done**	
Monday, October 2, 2023	Daily Sync	9:02 AM	5mins	Discord	9:02am - 9:07am	**Done**	
	Breakfast	9:51 AM	1hr4mins	Home	9:51am - 11:05am	**Done**	
	Morning Routine	11:07 AM	30mins	Home	11:07am - 11:37am	**Done**	
	Apply for FT Jobs	11:57 AM	2hrs8mins	Home	11:57am - 14:05 Break - 12:42 - 12:57	**Done**	
	Shower	14:05	20mins	Home	14:05 - 14:25	**Done**	
	Journey to Waterloo	14:55	1hr	Journey	14:55 - 15:55	**Done**	
	Train to Guildford	16:00	33mins	Train	16:00 - 16:33	**Done**	
	Work	18:00	6hrs30mins	Nandos (Guildford)	18:00 - 23:30	**Done**	
Tuesday, October 3, 2023	Daily Sync	9:00	2mins	Discord	9:00 - 9:07	**Done**	
	Breakfast at wetherspoons	9:08	45mins	wetherspoons	9:08 - 9:53	**Done**	
	Walk to the train station	9:54	10mins	Walk	9:54 - 10:04	**Done**	
	Train to Waterloo	10:19	33mins	Train	10:19 - 10:52	**Done**	
	Train to Stratford	11:03	15mins	Train	11:03 - 11:18	**Done**	
	Train to Gants Hill Station	11:25	12mins	Train	11:25 - 11:37	**Done**	
	Bus Ride to Wensleydale Avenue	11:47	21mins	Bus	11:47 - 12:08	**Done**	
	Arrange Room & Take Excess Box To the Garage	12:34	1hr16mins	Home	12:34 - 13:50	**Done**	
	Lunch	13:55	30mins	Home	13:55 - 14:25	**Done**	
	Iron interview clothes	14:50	45mins	Home	14:50-15:35	**Done**	
	Order boots and bed-table from Amazon	17:00	15mins	Home	17:00 - 17:15	**Done**	was very distracted started at 17:00
	Go through past interview questions	17:15	3hrs45mins	Home	17:15 - 21:00 45mins Study / 15mins Break	**Done**	
	Update the Ilford Map	21:20	1hr9mins	Home	21:20 - 22:29	**Done**	
Wednesday, October 4, 2023	Daily Sync	9:02	1min	Discord	9:02 - 9:03	**Done**	
	Walk back home	9:03	19mins	Walk	9:03 - 9:22	**Done**	
	Breakfast	9:22	54mins	Home	9:22 - 10:16	**Done**	
	Finalising the edits on Cv	10:22	2hrs7mins	Home	10:22 - 12:29	**Done**	
	Make Coffee	10:53	20mins	Home	10:53 - 11:13		
	Break	12:29	15mins	Home	12:29 - 12:44		
	Lunch	12:52	40min	Home	12:52 - 13:32	**Done**	
	Apply for FT jobs	13:32	3hrs58mins	Home	13:32 - 17:30 Break - 14:22 - 14:37 k up Niece From School - 14:53-16	**Done**	
	Shower	17:30	1hr10mins	Home	17:30 - 18:40	**Done**	
	Bus Ride To The Gym	19:00	30mins	Bus 128	19:00 - 19:30	**Done**	
	Chest & Triceps Workout	19:30	2hrs15mins	The Gym Group	19:30 - 21:45	**Done**	
	Bus Ride home	21:52	26mins	Bus	21:52 - 22:17	**Done**	
	Dinner	22:17	30mins	Home	22:17 - 22:47	**Done**	
Thursday, October 5, 2023	Get groceries	9:00	12mins	Store Discord	9:00 - 9:12 9:00 - 9:02	**Done**	
	Breakfast	9:15	43mins	Home	9:15 - 9:58	**Done**	
	Morning routine	9:59	2hrs	Home	9:59 - 11:59	Done	Was very distracted
	Get a tie from the box in the garage, and make coffee	12:18	10mins	Home	12:18 - 12:28	**Done**	
	Prep for the interview	13:00	30mins	Home	13:00 - 13:30	**Done**	
	JP Morgan Online Interview	13:30	15mins	Home	13:30 - 13:45	**Done**	
	Checklist for work	13:45	10mins	Home	13:45 - 13:55	**Done**	
	Bus Ride to Gants Hill Station	14:01	6mins	Bus	14:01 - 14:07	**Done**	
	Journey to Waterloo	14:08	52mins	Train	14:08 - 15:00	**Done**	
	Train Ride to Guildford	15:00	32mins	Train	15:00 - 15:32	**Done**	
	Work	16:00	7hrs30mins	Nandos(Guildford)	16:00 - 23:30	**Done**	
Friday, October 6, 2023	Breakfast at wetherspoons	9:00	51mins	Wetherspoons Discord	9:00 - 9:51 Daily Sync- 9:02 - 9:06	**Done**	
	Work	10:30	6hrs30mins	Nandos(Guildford)	10:30 - 17:00	**Done**	
	Hangout in Wetherspoons	18:10	5hrs	Weatherspoons	18:10 - 23:10	**Done**	
Saturday, October 7, 2023	Daily Sync	9:02	2mins	Discord	9:02 - 9:04	**Done**	
	Morning routine	9:04	47mins	Home	9:04 - 9:51	Done	
	Breakfast	9:52	45mins	Home	9:52 - 10:37	**Done**	
	Prepare for the library	12:28	1hr2mins	Home	12:28 - 13:30	**Done**	
	Walk To wetherspoons	13:30	20mins	Walk	13:30 - 13:50	**Done**	
	Coffee at wetherspoons	13:55	42mins	Weathersjpoons	13:55 - 14:37	**Done**	
	Walk to the library	14:37	21mins	Walk	14:37 - 14:58	**Done**	
	Create a list for the assessment note	15:15	15mins	Library	15:15 - 15:30	**Done**	
	Create a note for tomorrow's and future assessments	15:35	28mins	Library	15:35-16:02	**Done**	
	Schroders Assessment	16:02	45mins	Library	16:02-16:47	**Done**	
	Munich Re Assessment	16:50	30mins	Library	16:50-17:20	**Undone**	Postponed Doing it
	Create a System for Application Of Full-time Jobs	17:35	25mins	Library	17:35-18:00	**Done**	Not Completed
Sunday, October 8, 2023	Daily Sync	9:32	2mins	Discord	9:32-9:34		Didn't Follow The Calendar at all
	Breakfast	9:35	30mins	Home	9:35-10:05		
	Morning routine10	10:10	30mins	Home	10:10-10:40		
	Walk to Uni	10:40	20mins	Walk	10:40 - 11:00		
	Take the assessment tests	11:00	6hrs	Library	11:00-17:00 Lunch - 13:00-13:30		
	Walk to work	17:00	30mins	Walk	17:00-17:30		
	Work	18:00	5hrs30mins	Nandos (Guildford)	18:00-23:30	**Done**	
Monday, October 9, 2023	Daily Sync	9:25	3mins	Discord	9:25 -9:28	**Done**	
	Morning routine	9:28	1hr12mins	Home	9:28-10:40	**Done**	
	Walk to rail station	10:45	20mins	Walk	10:45-11:05	**Done**	
	Train to Waterloo	11:19	32mins	Train	11:19-11:51	**Done**	
	Breakfast	11:55	35mins	Train station	11:55-12:30	**Done**	
	Train Ride To Stratford	12:39	21mins	Train	12:39-13:00	**Done**	
	Train to Gants hill	13:14	19mins	Train	13:14-13:33	**Done**	
	Bus Ride To Wensleydale Avenue	13:39	14mins	Bus128	13:39-13:53	**Done**	
	Checklist for Work	15:55	10mins	Home	15:55-16:05	**Done**	
	Bus Ride To Work	16:21	30mins	Bus	16:21-16:51	**Done**	
	Work	17:05	7hrs10mins	Nandos (Ilford)	17:05-00:15	**Done**	
Tuesday, October 10, 2023	Daily Sync	8:59	3mins	Discord	8:59-9:02	**Done**	
	Walk Home From Niece's School & Charge Phone	9:02	40mins	Walk	9:02-9:42	**Done**	
	Breakfast	9:43	1hr	Home	9:43-10:43	**Done**	
	Fill Ethics Form	11:58	1hr30mins	Home	11:58-13:28	**Done**	
	Fill Entry Form	13:28	30mins	Home	13:28-13:58	**Done**	
	Lunch	14:35	45mins	Home	14:35-15:20	**Done**	
	Checklist for work	15:20	10mins	Home	15:20-15:30	**Done**	
	Bus Ride to Work	15:45	30mins	Bus 128	15:45-16:15	**Done**	
	Work	16:30	6hrs45mins	Nandos (Ilford)	16:30-00:15	**Done**	
Wednesday, October 11, 2023	Daily Sync	9:00	2mins	Discord	9:00-9:02	**Done**	
	Breakfast	9:02	45mins	Home	9:02-9:47	**Done**	
	Settled down	9:47	10mins	Home	9:47-9:57	**Done**	
	Toilet break	10:00	47mins	Home	10:00-10:47	**Done**	
	Work on Final Parts of the Dissertation	10:47	4hrs53mins	Home	10:47-15:40 45mins Study / 15mins Break	Done	
	Rest	15:40	5hrs8mins	Home	15:40-20:48	**Done**	
	Get coffee	20:48	22mins	Home	20:48-21:10	**Done**	
	Houlian Lockey assessment	21:10	55mins	Home	21:10-22:05	**Done**	
	Apply for FT jobs	22:05	2hrs25mins	Home	22:05-00:30	**Done**	
Thursday, October 12, 2023	Daily Sync	9:01	2mins	Discord	9:01-9:03	**Done**	
	Breakfast	9:12	1hr16mins	Home	9:12-10:28	**Done**	
	Wash the Dishes	10:28	32mins	Home	10:28-11:00	**Done**	
	Get coffee	11:00	15mins	Home	11:00-11:15	**Done**	
	Send Deutsche Bank an Email	11:47	23mins	Home	11:47-12:10	**Done**	
	Send Munich an Email	12:10	15mins	Home	12:10-12:25	**Undone**	Didn't send it because you couldn't find a slot for disability adjustment
	Start a practice test for Munich Re assessment	12:27	57mins	Home	12:27-13:30	**Done**	
	Take the Munich Re Assessment Test	13:40	32mins	Home	13:40-14:12	**Done**	
	Take a break and shower	14:12	45mins	Home	14:12-14:57	**Done**	
	Pick up Niece from school	14:57	1hr19mins	Home	14:57-16:16	**Done**	
	Lunch	16:16	1hr3mins	Home	16:16-17:19	**Done**	
	Get coffee from Tesco	17:19	1hr56mins	Tesco	17:19-19:15	**Done**	
	Create a plan for the the job applications	19:23	1hr12mins	Home	19:23-20:35 Break - 20:20-20:35	**Done**	
	Research on Job Interviews and Assesments	20:35	1hr35mins	Home	20:35-22:10	**Done**	
	Work with Friend	22:10		Home	22:10	**Done**	
Friday, October 13, 2023	Daily Sync	9:02	5mins	Discord	9:02-9:07	**Done**	
	Bus Ride Home from Gants Hill Crescent	9:14	10mins	Home	9:14-9:24	**Done**	
	Get Coffee	10:20	10mins	Home	10:20-10:30	**Done**	
	Take the Munich Re Assessment Test	10:30	55mins	Home	10:30-11:25	**Done**	
	Take the Deutche Bank - Assessment Test	11:30	57mins	Home	11:30-12:27 Break- 12:12-12:27	**Done**	Not Completed
	Practice test	13:24	25mins	Home	13:24-13:49	**Done**	
	Take the Hyman Robertson Assessment Test	14:10	2hrs	Home	14:10-16:10	**Done**	
	Shower	16:12	30mins	Home	16:12-16:42	**Done**	
	Shopping for Shirts	17:25	2hrs27mins	Exchange Mall	17:25-19:52	**Done**	Didn't get the shirts
	Bus Ride Home	19:52	23mins	Bus	19:52-20:15	**Done**	

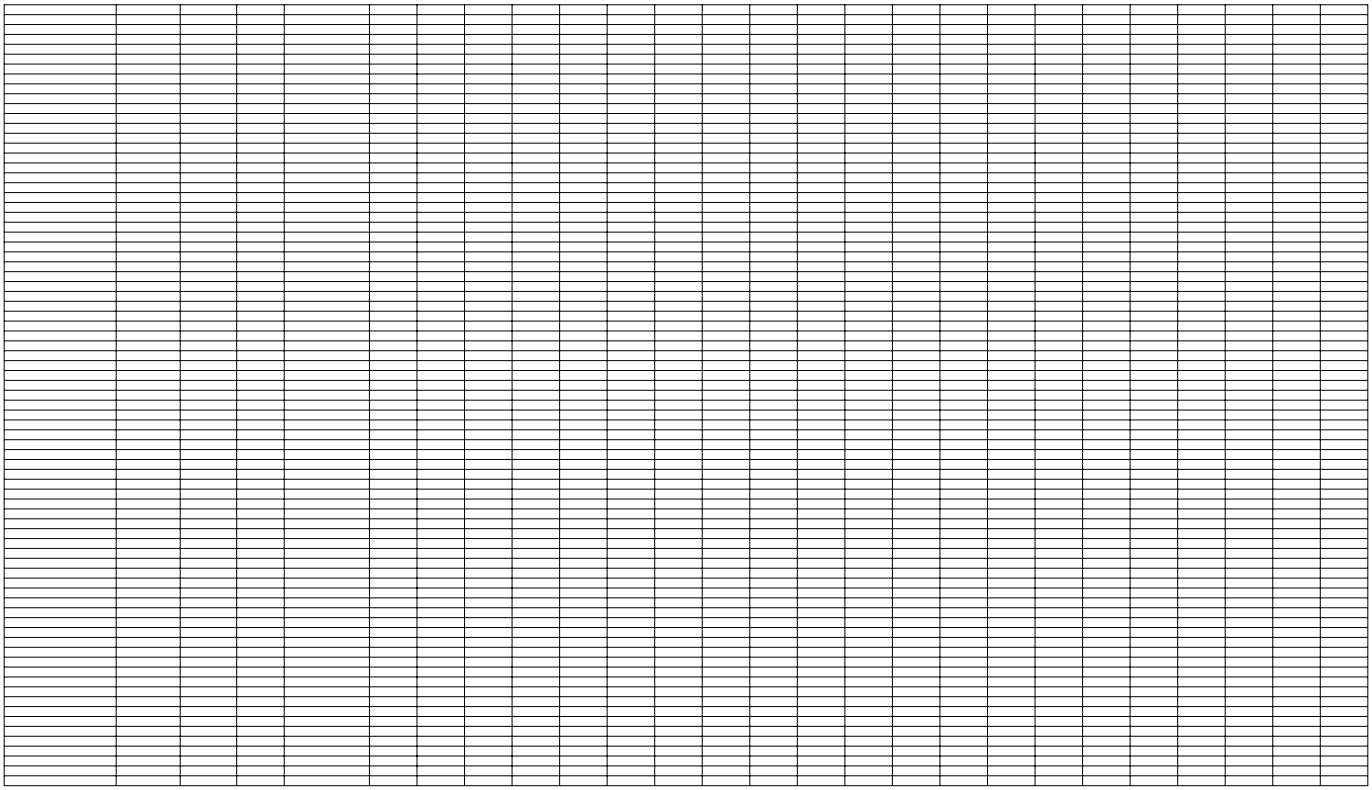
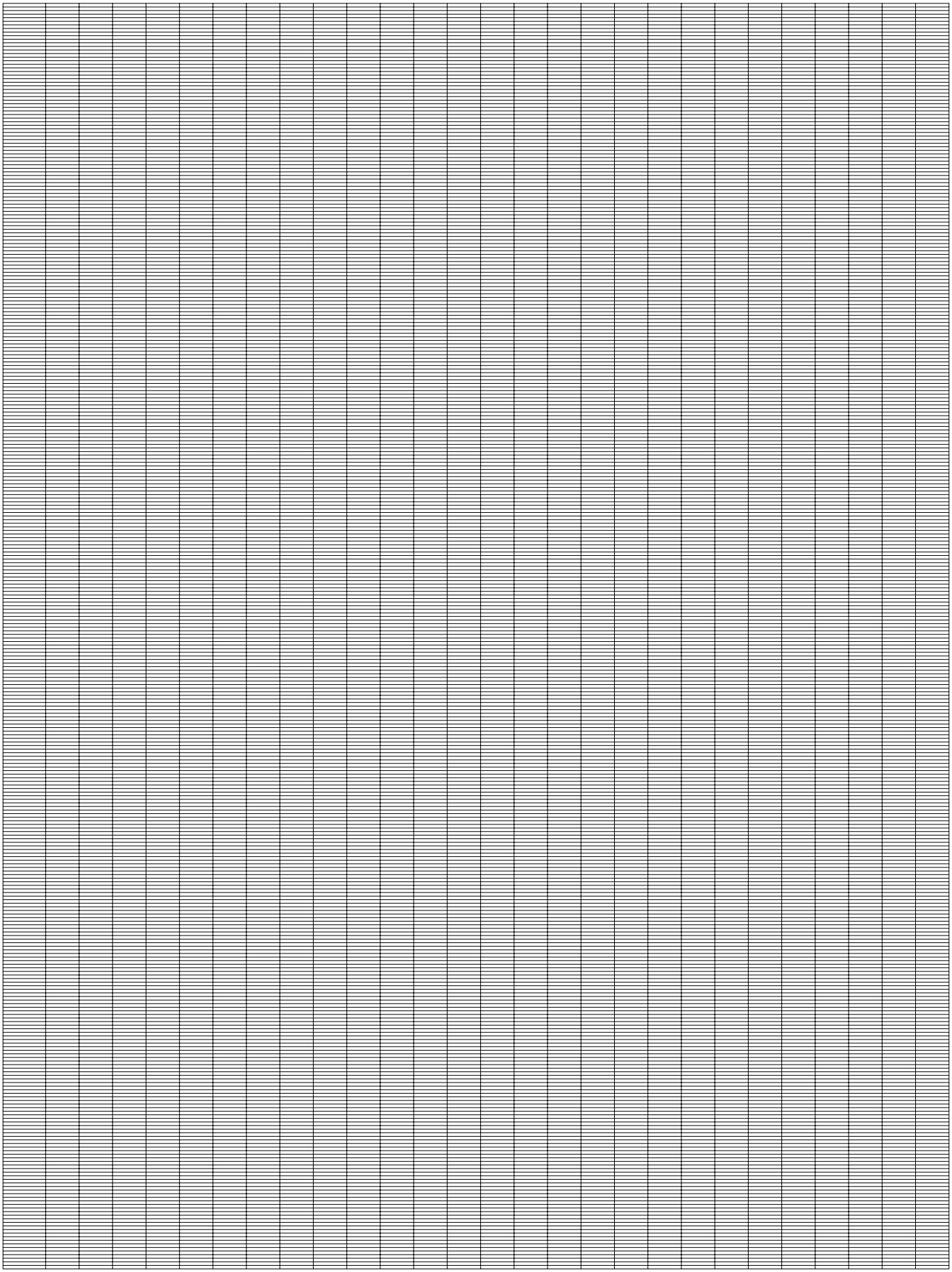
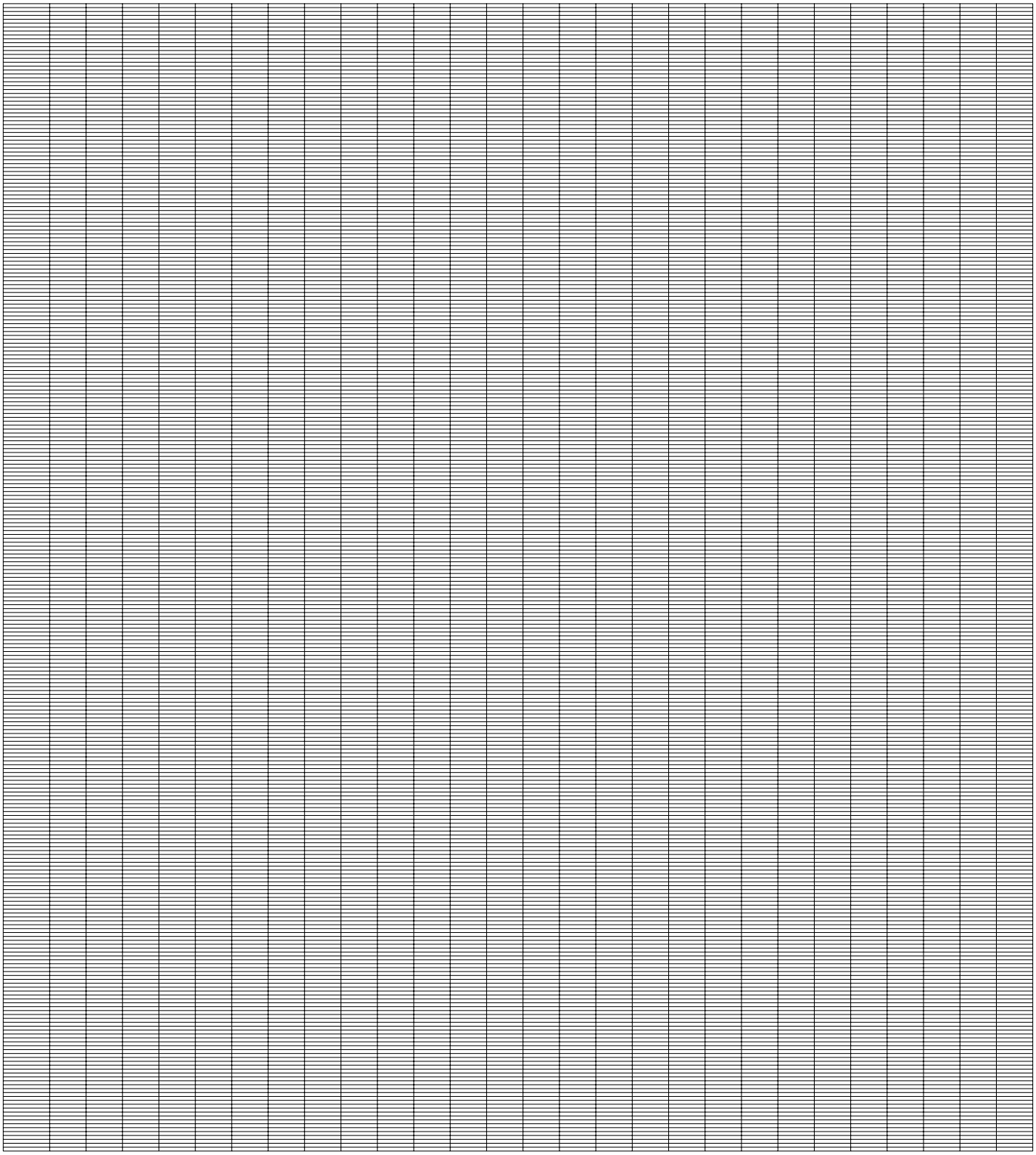
	Research on Job Focus Assessment Test	20:30	54mins	Home	20:30-21:24	Done	
	Search for FT jobs and internships	21:24	33mins	Home	21:24-21:57	Done	
	Take the Hyman Robertson JFA test	21:57	30mins	Home	21:57-22:27	Done	
	Send Chinonye the Plan for the Job Assessments and Application	22:30	15mins	Home	22:30-22:45	Done	
	Daily Sync	8:35	10mins	Discord	8:35-8:45	Done	
	Apply to the Bank of England	12:10	48mins	Home	12:10-12:58	Done	
	Prepare for the Event	12:58	1hr44mins	Home	12:58-14:42	Done	
	Bus Ride to Gants Hill Station	14:27	30mins	Bus	12:27-12:57	Done	
	Train Ride to Westfield London	15:06	57mins	Train	15:06-16:03	Done	
Saturday, October 14, 2023	London Job Show	16:05	24mins	Westfield London	16:05-16:29	Done	
	Train back to Gants Hill Station	16:41	46mins	Train	16:41-17:27	Done	
	Bus 123 to Roding lane South	17:38	6mins	Bus123	17:38-17:44	Done	
	Bus ride from Claybury to work	17:58	19mins	Bus	17:58-18:17	Done	
	Work	18:00	6hrs30mins	Nandos (Ilford)	18:00-00:30	Done	
	Daily Sync	9:00	10mins	Discord	9:00-9:10	Done	
	Breakfast	9:10	30mins	Home	9:10-9:40	Done	
	Search for FT jobs	9:45	1hr	Home	9:45-10:45	Done	
	Apply for FT jobs	10:45	3hrs15mins	Home	10:45-13:00	Done	Ain't Really Follow The Calend
Sunday, October 15, 2023	Did the Hyman Robertson Assessment Test	13:00	1hr30mins	Home	13:00-14:30	Done	
	Prepare for work	14:30	1hr	Home	14:30-15:30	Done	
	Bus Ride to Work	15:47	28mins	Bus 179	15:47-16:16	Done	
	Work	16:30	7hrs45mins	Nandos (Ilford)	16:30-00:15	Done	
	Breakfast	9:00	50mins	Home	9:00-9:50 Daily Sync--9:00-9:10	Done	
	Morning routine	9:50	30mins	Home	9:50-10:20	Done	
Monday, October 16, 2023	Complete the DEUTSCHE BANK assessment test	12:32	3hrs28mins	Home	12:32-16:00 45mins Study / 15mins Break	Done	
	Bus Ride to Work	16:05	31mins	Bus	16:05-16:36	Done	Finish the Deutsche Assessment Test Late and Got to Work late
	Work	16:00	8hrs	Nandos (Ilford)	16:00-00:00	Done	
	Daily Sync	9:00	5mins	Discord	9:00-9:05	Done	
	Breakfast	9:05	30mins	Home	9:05-9:35	Done	
	Apply for FT Jobs	9:53	2hrs40mins	Home	9:53-12:23 Break- 10:38-10:53	Done	
	Pick a date for the Hyman Robertson Interview	12:23	20mins	Home	12:23-12:43	Done	
Tuesday, October 17, 2023	Ask for a letter from my school confirming that I have passed my end date	12:43	20mins	Home	12:43-13:03	Done	
	Order a bus to pick my luggage from my friends place	13:03	20mins	Home	13:03-13:23	Done	
	Bus Ride To Exchange Mall	13:17	24mins	Bus	13:17-13:41	Done	
	Shopping at exchange mall	13:41	45mins	Exchange Mall	13:41-14:26	Done	
	Bus Ride to Gants Hill Crescent	14:26	11mins	Bus	14:26-14:37	Done	
	Bus Ride To Work	15:21	22mins	Bus	15:21-15:53	Done	
	Work	16:00	8hrs	Nandos (Ilford)	16:00-00:00	Done	
	Daily Sync	9:00	2mins	Discord	9:00-9:02	Done	
	Breakfast	9:03	30mins	Home	9:03-9:33	Done	
	Apply for FT Jobs	10:00	2hrs30mins	Home	10:00-12:30	Done	
	2023 African Economy & Capital Market Conference	11:00	1hr30mins	Home (online)	11:00-12:30	Done	
	Do the FTI Assessment	12:30	1hr	Home	12:30-13:30	Done	
Wednesday, October 18, 2023	BUS RIDE TO GANTS HILL	16:32	18mins	Bus	16:32-16:50	Done	
	Train To Stratford	16:52	18mins	Train	16:52-17:10	Done	
	Train To Waterloo	17:13	19mins	Train	17:13-17:32	Done	
	Train to Guildford	17:45	35mins	Train	17:45-18:20	Done	
	Train to Waterloo	20:19	32mins	Train	20:19-20:51	Done	
	Train Ride to Stratford	21:04	21mins	Train	21:04-21:25	Done	
	Train Ride to Gants Hill Station	21:29	15mins	Train	21:29-21:44	Done	
	Daily Sync	9:00	10mins	Discord	9:00-9:10	Done	
	Breakfast	9:10	30mins	Home	9:10-9:40	Done	
	Get Coffee	15:25	25mins	Home	15:25-15:50	Done	
Thursday, October 19, 2023	Do the Bank of England Assessment	15:50	1hr20mins	Home	15:50-17:10	Done	
	Do the FTI Assessment	17:10	16mins	Home	17:10-17:26	Done	Not Completed
	Apply for FT Jobs	17:26	6hrs4mins	Home	17:26-23:30 Break-18:23-18:43 ave dinner and call mom-20:01-21: Break-23:56-22:10	Done	
	Daily Sync	9:00	10mins	Discord	9:00-9:10	Done	
	Breakfast	9:10	30mins	Home	9:10-9:40	Done	
	Shopping	14:53	1hr	Store	14:53-15:53	Done	
Friday, October 20, 2023	Bus Ride Home from Ilford	16:20	31mins	Bus	16:20-16:51	Done	
	Lunch	17:17	45mins	Home	17:17-18:02	Done	
	Coffee	18:15	23mins	Home	18:15-18:38	Done	
	Apply for FT Jobs	18:40	3hrs6mins	Home	18:40-21:46	Done	
	Daily Sync	9:05	1mins	Discord	9:05-9:06	Done	
	Breakfast	9:06	30mins	Home	9:06-9:36	Done	
	FTI Assessment	13:00	1hr	Home	13:00-14:00	Done	
	Bus Ride to the gym	16:18	14mins	Bus	16:18-16:32	Done	
Saturday, October 21, 2023	Gym	16:35	2hrs5mins	The Gym Group	16:35-18:40	Done	
	Bus ride home	18:47	20mins	Bus	18:47-19:07	Done	
	Apply to Part-time Statistics Tutor	20:45	1hr25mins	Home	20:45-22:10	Done	
	Apply for FT Jobs	22:10	40mins	Home	22:10-22:50	Done	
	Email Department Admin	22:50	30mins	Home	22:50-23:20	Done	
	Daily Sync	9:00	10mins	Discord	9:00-9:10	Done	
	Breakfast	9:10	30mins	Home	9:10-9:40	Done	
	RSM assessment	12:00	1hr30mins	Home	12:00-13:30	Done	
Sunday, October 22, 2023	Lunch	13:15	30mins	Home	13:15-13:45	Done	
	Prepare for work	13:45	1hr	Home	13:45-14:45	Done	
	Bus Ride to work	15:19	30mins	Bus128	15:19-15:49	Done	
	Work	16:00	8hrs	Nandos (Ilford)	16:00-00:00	Done	
	Daily Sync	9:46	4mins	Discord	9:46-9:50	Done	
	Breakfast	9:50	54mins	Home	9:50-10:44	Done	
	Coffee break	10:44	10mins	Home	10:44-10:54	Done	
	Do some clean up	10:56	30mins	Home	10:56-11:26	Done	
	Apply For FT Jobs	11:44	1hr2mins	Home	11:44-12:46 Break - 12:02-12:12	Done	
Monday, October 23, 2023	Fill TD Securities form	12:46	1hr54mins	Home	12:46-14:40 Break-12:56-13:11 ake note of thoughts - 13:15-13:2 Lunch - 13:35-14:18	Done	
	Experiment research	14:40	2hrs15mins	Home	14:40-16:55 45mins Study / 15mins Break	Done	
	Work on YouTube experiments	17:00	5hrs30mins	Home	17:00-22:10 Break- 17:45-18:00 Rest- 18:16-19:16 Dinner- 20:50-22:10	Done	
	Daily Sync	9:00	3mins	Discord	9:00-9:03	Done	
	Breakfast	9:03	33mins	Home	9:03-9:36	Done	
	Set up and Put in Laundry	9:37	41mins	Home	9:37-10:18	Done	
Tuesday, October 24, 2023	Work on the TD Securities form	12:14	36mins	Home	12:14-12:50	Done	
	Work on YouTube experiments research,	12:52	1hr28mins	Home	12:52-14:20	Done	
	Bus Ride to Work	14:29	10mins	Home	14:29-14:39	Done	
	Work	15:00	9hrs	Home	15:00-00:00	Done	
Wednesday, October 25, 2023	Daily Sync	9:00	2mins	Discord	9:00-9:03	Done	
	Breakfast	10:05	1hr10mins	Home	10:05-11:15	Done	
	Took the day off	11:15	All Day		11:15	Done	
	Daily Sync	13:23	23mins	Discord	13:23-13:46	Done	
	Prepare for Library	13:45	45mins	Home	13:45-14:30	Done	
	Wait for Niece	14:30	27mins	Home	14:30-14:57	Done	
	Lunch	15:10	33mins	Home	15:10-15:43	Done	
	Bus Ride to Ilford	15:55	25mins	Bus	15:55-16:20	Done	
	Walk to the library	17:08	17mins	Walk	17:08-17:25	Done	
Thursday, October 26, 2023	Settle down	17:25	9mins	Library	17:25-17:34	Done	
	Design Forms	17:34	1hr26mins	Library	17:34-19:00 Break-18:19-18:34	Done	
	Print Form	19:00	30mins	Library	19:00-19:30	Done	
	Bus Ride Home	20:00	30mins	Bus128	20:00-20:30	Done	
	Settled down	20:39	30mins	Home	20:39-21:09	Done	
	Research material for the RSM Job Stimulation	21:18	3hrs12mins	Home	21:18-00:30	Done	
	Daily Sync	10:34	3mins	Discord	10:34-10:37	Done	
	Breakfast	10:37	1hr21mins	Home	10:37-11:58	Done	
	Do some cleaning	12:00	44mins	Home	12:00-12:44	Done	
	TD securities Assessment	13:02	30mins	Home	13:02-13:32	Done	
Friday, October 27, 2023	KPMG careers Assessment Practice test	13:50	1hr50mins	Home	13:50-15:40 Break - 14:15-14:30	Done	
	KPMG careers Assessment	15:40	3hrs53mins	Home	15:40-18:45 Lunch - 17:15-17:45	Done	
	Rest	18:55	2hrs	Home	18:55-20:55 Dinner - 20:00-20:30	Done	
	Start YouTube experiments	21:00	3hrs30mins	Home	21:00-00:30	Done	

	Start YouTube experiments	21:00	3hrs30mins	Home	45mins Study / 15mins Break	**Done**
Saturday, October 28, 2023	Daily Sync	10:34	3mins	Discord	10:34-10:37	**Done**
	Breakfast	10:06	30mins	Home	10:06-10:36	**Done**
	Morning Routine	12:13	45mins	Home	12:13-12:58	**Done**
	Coffee	13:03	1hr57mins	Home	13:03-15:00	**Done**
	Lunch	15:00	30mins	Home	15:00-15:30	**Done**
	NatWest Group Assessment	15:30	3hrs35mins	Home	15:30-19:05	**Done**
	Get bulb from Tesco	19:05	52mins	Tesco	19:05-19:57	**Done**
	Set up camera	19:57	15mins	Home	19:57-20:20	**Done**
	Shower	20:17	20mins	Home	20:17-20:37	**Done**
	Interview with NatWest Group	21:05	1hr7mins	Home	21:05-22:12	**Done**
	Check height	22:12	1hr9mins	Home	22:12-23:21	**Done**
Sunday, October 29, 2023			Didn't Follow The Calendar At All			
	Work	15:30	7hrs30mins	Nandos (Ilford)	15:30-23:00	**Done**
Monday, October 30, 2023	Daily Sync	9:00	10mins	Discord	9:00-9:10	**Done**
	Breakfast	9:10	30mins	Home	9:10-9:40	**Done**
	Check vitals and Bp	11:10	1hr40mins	Hospital	11:10-12:50	**Done**
	Fill forms	12:50	36mins	Home	12:50-13:26	**Done**
	Checklist & prepare for work	13:26	34mins	Home	13:26-14:00	**Done**
	Bus Ride to Work	14:22	27mins	Bus	14:22-14:49	**Done**
	Work	15:00	8hr	Nandos (Ilford)	15:00-23:00	**Done**
Tuesday, October 31, 2023	Daily Sync	9:10	2mins	Discord	9:10-9:12	**Done**
	Breakfast	9:12	1hr23mins	Home	9:12-10:35	**Done**
	Work on Chinenye's salary	10:40	20mins	Home	10:40-11:00	**Done**
	Do some cleaning	11:00	3hrs10mins	Home	11:00-14:10	**Done**
	Research on Hyman Robertson's Interview	14:10	2hrs55mins	Home	14:10-17:05 Lunch - 14:45-15:35 Break - 16:28-16:43	**Done**
	Shower	17:05	31mins	Home	17:05-17:36	**Done**
	Bus Ride to the library	17:46	29mins	Bus	17:46-18:15	**Done**
	Get snacks at Ilford station	18:15	20mins	Ilford station	18:15-18:35	**Done**
	Walk to Library	18:35	23mins	Walk	18:35-18:58	**Done**
	Research on Standard Chartered assessment	19:00	1hr	Library	19:00-20:00	**Done**
	Event time				20:00	





DATE	WHO	CHANNEL	Duration	Schedule	Comments																				



DATE	SHOPPING LIST	Checklist	LOCATION	DURATION
Thursday, October 12, 2023	Get coffee from Tenco	Done	Tenco	07:59-09:35
Friday, October 13, 2023	Shopping for Shirts	Done	Exchange Mall	07:20-09:50
Tuesday, October 17, 2023	Shopping	Done	Exchange Mall	12:40-14:26
Thursday, October 19, 2023	Get Snack	Done	Hand station	16:20-17:08
Saturday, October 28, 2023	Get bulb	Done	Tenco	18:05-19:17
Tuesday, October 31, 2023	Get Snacks	Done	Hand station	20:15-20:35