Date	Task/Event Daily Sync		Duration 5mins	Venue Discord	Schedule 9:01-9:06	Checklist Done																	
	Breakfast	9:10	30mins	Home	9:10- 9:40	Done																	
	Standard Chartered assessment		2hrs55mins 47mins		10:15-13:15	Done Done	Was given another assessment			$\vdash$								_			_		-
Wednesday, November 1, 2023		13:58	10mins	Home	13:10-13:57 13:58-14:08	Done																	
weanesday, November 1, 2023	Bus Ride to Gants Hill Station Train Ride to Stratford		14mins 15mins		14:25-14:39 14:42-14:57	Done Done																	
	Train to Waterloo	15:00	19mins	TRAIN	15:00-15:19	Done																	
	Chill at a pub while waiting for		29mins 5hrs31mins		15:26-15:55 16:00-21:31	Done	The ride back home was				$\overline{}$	$\overline{}$	$\overline{}$				$\overline{}$	$\overline{}$			$\vdash$		-
	FIREIDS		_	Discord	9:07-9:10	Done	101) 000000000																
	Breakfast	9:10	58mins	Home	9:10- 9:58	Done																	
	Send address to psychiatry Uk for my drugs Get coffee	12:46		Home	12:46-13:33	Done																	
Thursday, November 2, 2023	Start Researching on the Hyman	13:33	10mins 1hr15mins	Home	13:33-13:43	Done Done	Was very distracted			$\vdash$													
	Robertson Interview  Continue Researching on the Hyman		_		15:15-17:00	_	Not Completed																
	Robertson Interview	15:15	1hr15mins	Home	Prep Ingredients for lunch- 15:50-16:05	Done																	
	Bus Ride To Work Work	17:44	28mins 6hrs	Bus 179 Nandos (liford)	17:44-18:12 18:00-00:00	Done Done																	
				Discord		Done																	
	Prepare for the Hyman Robertson Interview	9:05	45mins	Home	9:05-9:50	Done	Completed																
	Hyman Robertson's Interview Shower		1hr54mins 30mins		10:00-11:54 12:00-12:30	Done Done																	
	Lunch	13:31	30mins 56mins	Home	13:31-14:01 14:01-14:57	Done																	
Friday, November 3, 2023	Pick up Niece From School	14:57	1hr	Bus Journey	14:57-15:57	Done																	
	Bus Ride to Exchange Mall Deutsche bank Assessment	16:21	20mins 1hr37mins	Bus Home	16:21-16:40 18:35-20:12	Done Done					_						_	_					
	Prepare for Guildford Bus Ride to Gants Hill Station	20:23	42mins 7mins	Home	20:23-21:05 21:07-21:14	Done Done																	
	Train to Stratford	21:10	19mins	Train	21:10-21:29	Done																	
	Train to Waterloo Train to Guildford	21:28	28mins 42mins	Train Train	21:28-21:56 22:56-23:38	Done Done				$\vdash$													
	Daily Sync	9:24	3mins	Discord	9:24-9:27	Done																	
	Morning Routine Walk to the Hospital	9:27	1hr26mins 20mins	Home	9:27-10:53 9:54-11:14	Done Done				$\vdash$	_						_	_					-
	Hospital check up Train to Waterloo	11:17	30mins 38mins	Hospital	11:17-11:47 12:19-12:57	Done Done																	
Saturday, November 4, 2023	Journey to Gants Hill Station from Waterloo		1hr3mins		12:57-14:00	Done				$\Box$													
,	Bus Ride Home	14:02	12mins	Bus	14:02-14:14	Done					=						=	=					
	Contact Royal Surrey Hospital Rest	14:40	10mins 1hr	Home	14:26-14:36 14:40-15:40	Done Done		_															
	Fidelity International assessment		1hr		15:40-16:40		Couldn't continue the day due to his illness			ш											$\Box$	ш	$\Box$
	L'Oreal Careers Assessment				16:40-17:40	UnDone																	
Sunday, November 5, 2023	Work			Nandos (liford)	16:00-00:00		Chinonye's day off and Day wasn't planned													_	_		
			4mins 20mins	Discord	9:00-9:04 9:05-9:25	Done Done																	
	Breakfast	9:30	50mins	Home	9:30-10:20	Done																	
	Clean up Get coffee	10:50	30mins 15mins	Home	10:20-10:50 10:50-11:05	Done Done																	
Monday, November 6, 2023	Prepare for the Standard Chartered		15mins 2hrs40mins	Home	11:08-11:23 11:45-14:25	Done				$\vdash$	$\dashv$	$\dashv$	$\dashv$	-7	-7	$\dashv$	$\dashv$	$\dashv$		<u> </u>	$\vdash$	H	$\vdash$
	assessment Start the assessment			Home	14:25-15:50	Done				⊢⊢				_	_				_	$\vdash$	$\vdash$	$\vdash$	$\vdash$
	Bus Ride to Work	16:07	28mins	Bus	16:07-16:35		Left home late because of the assessment and got to							$\Box$				$\neg$					
	Work	16:30	7hrs30mins	Nandos (liford)	16:30-00:00	Done	work Late													<u> </u>	<u> </u>		L
	Daily Sync	9:53	2mins	Discord	9:53-9:55 9:55-12:00	Done																	
		12:02	2hrs5mins 26mins	Home	12:02-12:28	Done																	
	Clean up Sleep Some More	12:30	27mins 1hr	Home Home	12:30-12:57 13:00-14:00	Done Done				$\vdash$	_	_	_				_	_		_			-
Tuesday, November 7, 2023	Did some tasks Prepare for work	14:20	1hr1min 36mins	Home	14:20-15:21 15:22-15:58	Done Done						=	=			=							
	Bus ride to Gants Hill/ Cranbrook Road	16:11			16:11-16:20	Done																	
	Bus Ride to Work Work	16:22	10mins	Bus167 Nandos (liford)	16:22-16:32 16:30-00:00	Done Done																	
				Discord		Done																	
	Breakfast Rest	9:15 10:45	40mins 1hr	Home	9:15-9:55 10:45-11:45	Done Done							=										
	Check blood pressure and Take medicine	11:47	1hr	Home	11:48-12:47	Done				П													
	Clean up	12:50	1hr20mins 1hr5mins	Home Home	12:50-14:10 14:50-15:55	Done																	
Wednesday, November 8, 2023	Shower Bus Ride to the library	16:00	36mins 56mins	Home	16:00-16:36 16:57-17:53	Done Done																	
	Apply for a role in center of economic		1hr	Library		Done				-	-	_											_
1	Appry for a role in denter or economic	17:55			17:55-18:55						- 1												1
	performance Apply to FT Jobs	19:00	50mins	Library	19:00-19:50	Done																	
	performance Apply to FT Jobs Bus Ride Home	19:00 19:59	50mins 34mins	Library Bus179	19:00-19:50 19:59-20:33	Done Done																	
	performance Apply to FT Jobs Bus Ride Home Apply for FT Jobs	19:00 19:59 20:50	50mins 34mins 3hrs40mins	Library Bus179 Home	19:00-19:50 19:59-20:33 20:50-00:30 45mins Study / 15mins Break	Done Done Done																	
	performance Apply to FT Jobs Bus Ride Home Apply for FT Jobs Daily Sync Breakfast	19:00 19:59 20:50 9:00 9:07	50mins 34mins 3hrs40mins 7mins 30mins	Library Bus179 Home Discord Home	19:00-19:50 19:59-20:33 20:50-00:30 45:nins Study / 15:nins Steak 9:00-9:07 9:07-9:37	Done Done Done Done Done																	
	performance Apply to FT Jobs Bus Ride Home Apply for FT Jobs Daily Symc Breakfast Clean up Tollet break	19:00 19:59 20:50 9:00 9:07 9:38 11:04	50mins 34mins 3hrs40mins 7mins 30mins 1hr14mins 55mins	Library Bus179 Home Discord Home Home Home	19:00-19:50 19:59-20:33 20:50-00:30 45mim Study / 15mims Break 9:00-9:07 9:07-9:37 9:38-10:52 11:04-11:59	Done Done Done Done Done Done Done																	
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Thursday, November 9, 2023	performance Apply to FT Jobs  Bus Ride Home Apply for FT Jobs  Daily Sync Brank Sync Brank Start Clean up Tollet break Start L'Oreal Green Assessment Shower Lunch	19:00 19:59 20:50 9:00 9:07 9:38 11:04 12:05 14:51 15:27	50mins 34mins 34mins 3hrs40mins 7mins 30mins 1hr14mins 55mins 2hrs46mins 36mins 30mins	Library Bus179 Home Discord Home Home Home Home Home Home	19:00-19:50 19:59-20:33 20:59-00:30 45mins Study / Henins Break 9:00-9:07 9:07-9:37 9:38-10:52 11:04-11:59 12:05-14:51 14:51-15:27	Done Done Done Done Done Done Done Done																	
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,	Pick up Niece	15:00	55mins	Home	15:00-15:55	Done	Was very distracted so didn't do much										—
	Lunch Rest	17:10		Home	15:55-17:10 17:10-18:40	Done Done										$\equiv$	=
	Work on YouTube Script in Redbridge central library		5hrs48mins	Home	18:42-00:30 9:00-9:15	Done	Worked without Chinonye checking in										
	Walk back home Breakfast	9:00 9:17	15mins 1hr26mins	Walk Home	Daily Sync-9:01-9:04 9:17-10:43	Done											=
	Take drugs Clean up Shower and rest		10mins 47mins 3hrs4mins	Home Home	11:43-14:47	Done Done Done										=	_
	Pick up Niece	14:57	1hr	Pick up	14:57-15:57 Bus Ride to Gants Hill Crescent-14:58-15:23	Done Done											_
Friday, November 17, 2023	Bus Ride to Redbridge central library		48mins	Bus 123 Redbridge	Bus Ride Home-15:28-16:06 17:27-18:15	Done Done											=
	Work on UBS Careers Assessment Get Water at Lidl. Got a bus back	18:40	34mins 1hr39mins	central library	18:40-19:14 19:15-20:54	Done										$\vdash$	
	home Was busy	20:55	1hr	Home	20:55-21:55	Done											
	Work on YouTube Script		2hrs30mins	Home	Break - 22:30-22:45 Break - 23:30-23:40	Done											
	Daily Sync Shower Breakfast	8:04 9:55	4mins 1hr51mins 30mins	Home Home	8:04-9:55 9:55-10:25	Done Done Done										=	_
Saturday, November 18, 2023	Take drugs Bus ride to work Work	10:25 10:53	10mins 17mins 4hrs	Home Home Nandos Ifford	10:25-10:35 10:53-11:10	Done Done Done											=
	Send document to my dad Gather documents for my sister	19:04	26mins	Home	19:04-19:30	Done Done											
Sunday, November 19, 2023	Daily Sync		28mins	WhatsApp Nandor Word	7:38-8:06		Victor and Chinonye had an issue										_
	Work Work Daily Sync	9:05	8mins	Nandos Ifford Home Discord	8:30-10:30 16:00-00:00 9:05-9:13	Done Done Done											
	Breakfast Take drugs	9:14 9:55	40mins 10mins	Home Home	9:14-9:54 9:55-10:05	Done Done											
	Clean up Use the bathroom Check psychiatry account	11:45 12:16	1hr40mins 30mins 1hr22mins	Home Home	10:05-11:45 11:44-12:15 12:16-13:38	Done Done Done	was distracted and did some									=	_
	UBS Careers Assessment Deadline Shower	13:38 14:16	36mins 30mins	Home Home	13:38-14:14 14:16-14:46	Done Done	random things										_
Monday, November 20, 2023	Pick up Niece Bus ride home Lunch and clean up	15:18	16mins 34mins 1hr23mins	Bus128 Bus Home	14:57-15:13 15:18-15:52 15:52-17:15	Done Done Done										=	_
	Bus Ride to the library Send documents to sister	17:22 18:15	47mins 1hr5mins	Bus Redbridge central library	17:22-18:09 18:15-19:20	Done										$\Box$	_
	Break	19:22		Redbridge central library Redbridge	19:22-19:37	Done											
	On a virtual meeting  Bus ride home  Apply to Join some medium	19:37 20:08		central library Bus	19:37-19:55 20:08-20:38 21:40:00:30	Done Done										=	_
	publications Daily Sync			Home Discord		Done Done Done											
	Breakfast and take drugs Laundry Clean up	9:03	22mins 40mins	Home	9:03-9:25 9:25-10:05 10:05-11:05	Done Done Done										$\equiv$	_
	Shower Bus ride to Gants Hill Station Dry laundry	11:05 11:41	30mins 13mins	Home Bus128	11:05-11:35	Done Done Done											_
Tuesday, November 21, 2023	Bus ride home	12:00 12:40	35mins 13mins	Bus	12:40-12:53	Done										=	_
	Pick up Work items Settle down		20mins 10mins		13:00-13:20 13:22-13:32	Done Done	Didn't go out anymore because the house key wasn't available										
	Sign a document for friend Apply to Join some medium publications	13:32	2hrs30mins	Home	13:32-13:54 13:55-16:25	Done Done Done											_
	Bus ride to work Work	16:33 17:30	29mins 6hrs30mins	Bus Nandos Ifford	16:33-17:02 17:30-00:00	Done Done											=
	Daily Sync Random Research Breakfast		1min 1hr15mins 30mins	Discord Home Home	9:09-9:10 9:10-10:25 10:26-10:56	Done Done Done											=
Wednesday, November 22, 2023	Take drugs Write an article	10:56 11:28	10mins 2hrs	Home Home	10:56-11:06 11:28-13:28	Done Done											=
	Time to yourself  Bus ride to Pick up Niece  Bus ride back home	15:27	1hr20mins 18mins 33mins	Home Bus Bus	13:30-14:50 14:57-15:15 15:27-16:00	Done Done Done										=	_
	Lunch Work	17:30	40mins 6hrs30mins	Home Nandos Iford	17:30-00:00	Done Done											
Thursday, November 23, 2023	Daily Sync Breakfast Take drugs	9:00 9:04 9:40	4min 30mins 10mins	Discord Home Home	9:00-9:04 9:04-9:34 9:40-9:50	Done Done Done										=	_
	Spent the whole day on his own Daily Sync	9:02	3min	Discord Discord	9:02-9:05	Done											
	Breakfast Clean up Bus ride to Pick up Niece	9:55 14:57	50mins 30mins 18mins	Home Bus	9:05-9:55 9:55-10:25 14:57-15:15	Done Done Done											
Friday, November 24, 2023	Bus ride home Print some documents	18:11	22mins 47mins	Bus128 Library	15:23-15:45 18:11-18:58 19:00-19:55	Done Done Done										=	_
	Work on YouTube Script  Bus Ride Home  Bus ride to the gym	19:00	55mins 23mins 21mins	Library Bus Bus	45mins Study / 15mins Break 20:08-20:31 20:50-21:11	Done Done Done											=
	Work on chest  Daily Sync	21:15	1hr	The gym group	21:15-22:15	Done											
Saturday, November 25, 2023	Breakfast Take drugs Work on YouTube Script	9:40	10mins	Discord Home Home	9:04-9:34 9:40-9:50	Done Done	Worked mostly on your own with Chinonye on standby									$\equiv$	=
Sunday, November 26, 2023	Work	13:00	4hrs	Library/Home Nandos Iford	13:00-17:00	Done											
	Daily Sync Breakfast Take drugs	9:20	3mins 1hr15mins 10mins	Home	9:17-9:20 9:20-10:35 10:35-10:45	Done Done Done										=	
	Clean up  Hairout Shower	10:45	48mins 30mins 43mins	Home		Done Done Done											
Monday, November 27, 2023	Settle down	12:46	10mins 45mins	Home	12:46-12:56 13:00-13:45	Done Done											
			55mins 18mins 25mins		14:57-15:15	Done Done Done											
	National Grid Careers Assessment Bank of England Video Interview Attend a party	15:50 19:32	3hrs39mins 1hr28mins	Home Home 21:01	15:50-19:29 19:32-21:00	Done Done Done										=	
	Daily Sync Breakfast	9:00 10:38	6mins 30mins	Discord Home	9:00-9:06 10:38-11:08	Done Done											
	Take drugs Clean up Work on his own	11:20	10mins 52mins 2hrs50mins	Home Home	11:20-12:12 12:12-15:02	Done Done Done										=	
Tuesday, November 28, 2023	Shower Bus ride to Cafe Work on YouTube Script with	15:02 15:52 16:15		Home Bus Cafe	15:02-15:32 15:52-16:13 16:15-17:15	Done Done Done				Ħ						$\exists$	
	Chinonye on standby Walk to work Work	17:20	10mins			Done Done Done											_
	Daily Sync Breakfast and Take drugs	10:58 11:02	4mins 1hr13mins	Discord Home	10:58-11:02 11:02-12:15	Done Done	Woke up late										
Wednesday, November 29, 2023					ay	Done Done Done											
Thursday, November 30, 2023	Daily Sync	9:57	1min	Discord	9:57-9:58	Done											
	Have the day to yourself	10:00	19hrs30mins		10:00-00:30	Done											
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DATE Saturday, November 11, 2023	erropping tier	CHECKLIST	LOCATION	DUBLETON														
	Get Bathing Soap	DONE	Tesco (Woodford Avenue)	11:05-13:20														
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Saturday, November 18, 2023 CALL Dad and Sister Whitehop 40mins 17:05-17-4(t)5	Tuesday, November 7, 2023	Call mom	WhatsApp	20mins	14:10-14:30																	
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