First half of the generated 15% return which is decent.

Got sick recently, started with fever, then cough then cold. Physical condition is important.

Condition is improving slightly. Quite tough for the past few days, had to survive through it, had a bit of support.

Have to eat more yin fruits like pear/kiwi/watermelon.

More chicken instead of yang meats.

Investing going forward:

Focus on key advantage, future pmcls. Wait for the day after.

For SS, keep using the current strategy. Cut AM risk.