You are given an integer array prices where prices[i] is the price of a given stock on the ith 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.

**Example 2:**

Input: prices = [1,2,3,4,5]  
Output: 4  
Explanation: Buy on day 1 (price = 1) and sell on day 5 (price = 5), profit = 5-1 = 4.  
Total profit is 4.

**Example 3:**

Input: prices = [7,6,4,3,1]  
Output: 0  
Explanation: There is no way to make a positive profit, so we never buy the stock to achieve the maximum profit of 0.

**Constraints:**

* 1 <= prices.length <= 3 \* 104
* 0 <= prices[i] <= 104