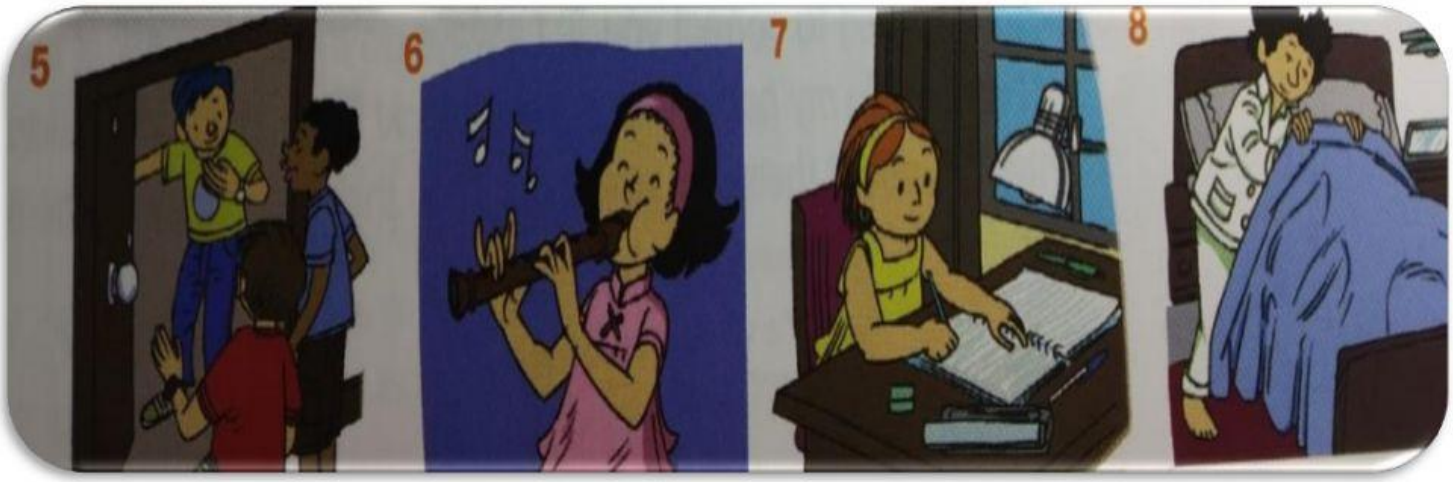WRITE THE DAILY ACTIVITIES