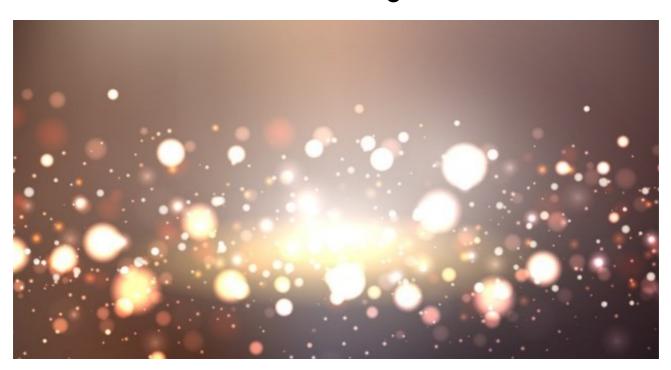# to do this night

- ☑ ~~read through nutrition article 1~~
- ☑ ~~read through nutrition article 2~~
- ☑ ~~find original articles for school recommendations~~
- ☑ ~~send to ben~~
- ☑ ~~reading 1 highlight~~
- ☑ ~~reading 2 highlight~~
- ○ reading 3 highlight
- ○ reading 4 higlight
- ○ write down highlights in book
- ○ plan