$$\int_0^t \int_m^t \left[ \frac{1}{\int_d^b F(y,d)dy} \right] dddm, \tag{1}$$

where $F(y,d)$ is a smooth function, $b = 3$, $t \in [0,2]$, $y \in [d,b]$, $d \in [m,t]$, $m \in [0,t]$. Not using "Integrate" anywhere, get a final answer in the form of an array of numbers. Assuming step size $1/4$, the final answer is an array of 5 elements.