1. Staying on the phone the whole day – put a reminder/ set alarms - 8
2. Not wanting to study – pamper yourself with games -8
3. Bad time management – make a proper timetable -8
4. Lose your stuff – you can notify when object is out of reach -4
5. Not have meals on time – some gamifications led by your mom and rewards -5
6. Not good with languages – ask for help from your teachers, friends or books -7
7. Don’t find answers for your academic questions – ask for help from your teachers, friends or books -8
8. Not good with remembering dates and need to be reminded – you can use reminders -8
9. Kids who don’t eat vegetables - some gamifications led by your mom and rewards -4
10. Sleep late – put reminder -4
11. People who don’t get time to do exercise – gamification -4
12. People who don’t drink enough water – reminders - 6
13. Bad habits nail biting – apply paint -7
14. Boredom – talk, read, listen to music, play games -8
15. Bad handwriting – practice, check quality of writing and give rewards -8
16. Not being able to keep track of their expenditure – write down in a diary -8
17. Pay bills – reminder -6
18. Forgetting passwords – save it somewhere in a diary or you can encrypt it -6
19. Not taking medicines on time – reminders -6
20. Unhealthy eating – gamifications, rewards -7
21. Unable to use creativity in drawings – gamifications, practice -7
22. Unorganized stuff – rewards, recognition -6
23. Waking up late in the morning – set alarms, reminders, gamify your goals -8
24. Health issues – consult a doctor -8