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| **Problems** | **Idea/Solution** | **Scale** |
| Fitness conscious | Use reminders | 7 |
| I don’t exercise even I want to | Use reminders | 7 |
| School Task Manager | Use reminders | 9 |
| We forget to expose to sun because we are working in offices. | Wake up alarms | 8 |
| Routinely notes | Sticky notes | 8 |