

Charming Progression

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Health Problems



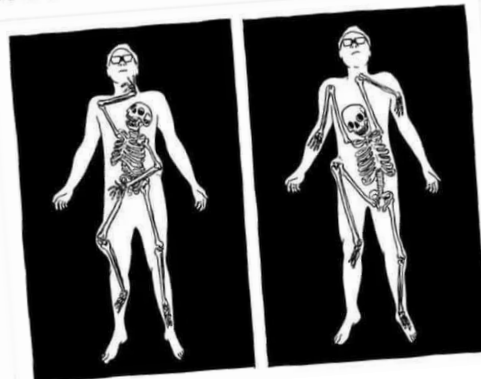
Stress



Sleep Deprivation

If you feel uncomfortable in the night,
please understand it is just your
skeleton's inherent need for freedom.

Soon.



Bad Posture



Exercise

Schedule :

Monday 13.00 - 15.00
Tuesday 15.00 - 17.00
Wednesday No free time
Thursday 15.00 - 17.00
Friday Class all day
Saturday Depends
Sunday Depends











A stack of three white rectangular sticky notes is positioned in the center of the frame. The top note is slightly offset to the right and forward, revealing the edges of the two notes beneath it. The notes are set against a background that is split horizontally: the top half is a solid light blue, and the bottom half is a light grey with a subtle, fibrous texture.

Thank you