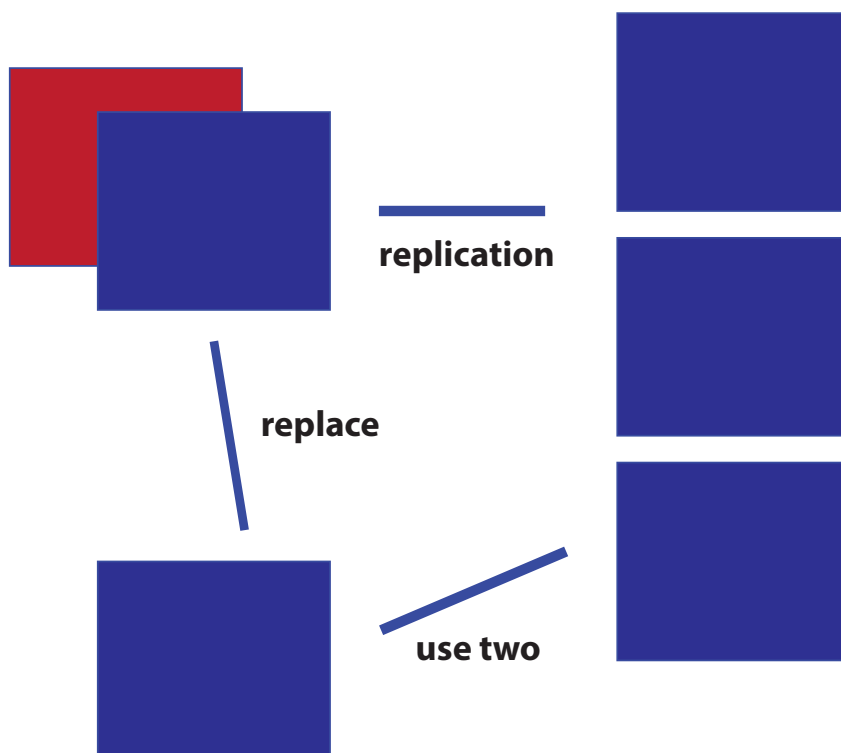


Technological innovation empowers one to create daily routines and take actions in the morning, bedtime, and self-care responses to one's needs.

Improvements are found in devices and in software to aid in the morning, bedtime, and self-care work with the usage of these devices.

Problems of innovations arise from devices and applications that reach their limits, expiration dates, or frequency of usage. But due to the novel innovation of its applications to renewed responses for one's self-care, it may allow problems or solutions to be inherently present as deficiencies.

Poster



Python code 1

```
import sys, os
#author: david h. gae
#Copyright © 2022 david gae all right reserved
#list of numeric values.
value1 = [1,2,3]
#list
line1 = []
#list remove method deletes the element in the list. .
for i in value1:
    # if condition satisfies element 3
    if i == 3:
        #list element 3 is removed
        value1.remove(i)
        #check
        #print(value1
        #list element 2 is removed)
        value1.remove(i-1)
        print(value1)

#store value1 to line1 list.
line1 = value1
```