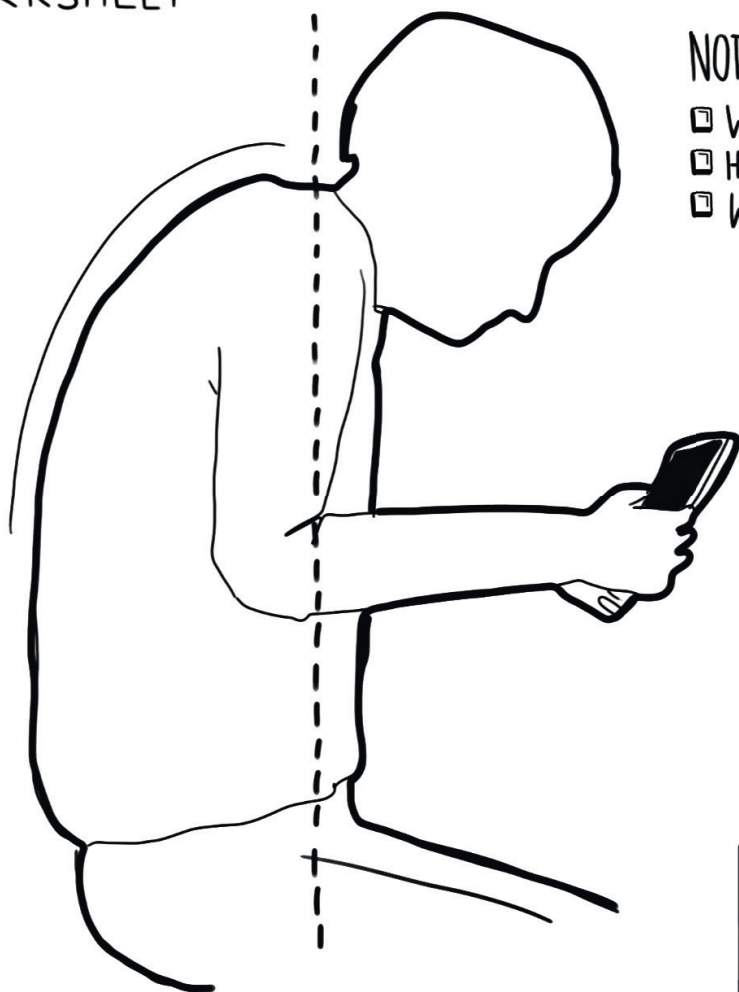


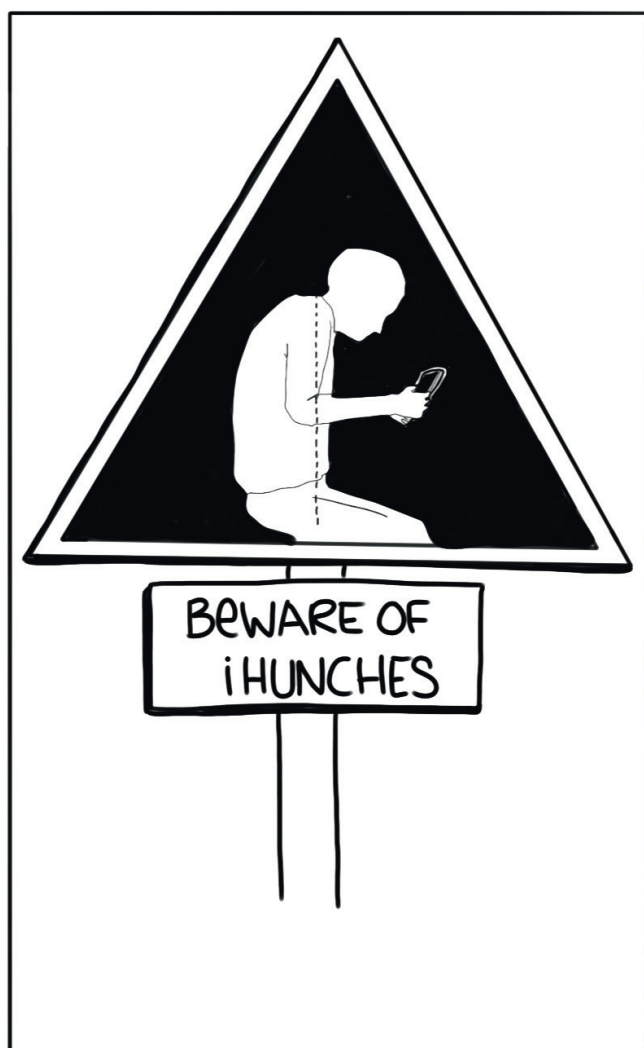
iHUNCH

THE
WORKSHEET



NOTICE YOUR BEHAVIOUR-

- WHEN DO YOU CURL UP?
- HOW CAN YOU WORK ON IT?
- WHAT & WHO CAN HELP?



PRO TIP:

MAKE THIS THE SCREENSAVER
ON YOUR PHONE AND REMIND
YOURSELF TO AVOID THE iHUNCH