Various types of Storage for Android :

1. **App-specific storage:** It is used to store files for particular applications' use only, either in dedicated directories within an internal storage volume or different dedicated directories within external storage. Use the directories within internal storage to save sensitive information that other apps shouldn't access.
2. **Shared storage:** It is used to store files that a particular application intends to share with other applications, including media, documents, and other files.
3. **Preferences:** It is used to store Store private, primitive data in key-value pairs like user settings for that application, etc.
4. **Databases:** It is used to store structured data in a private database using the Room persistence library. These are used to store various kinds of data like application data, user information, product data, etc.

Pros/cons of each approach for your project :

Project name: LifeStyle Management

App-specific storage: As our application does not create any files/data which are intended to be saved in this type of storage, It is not quite useful in our case.

Shared Storage: This storage is specifically used to store data that could be used by other applications and also data will not be deleted when our application is deleted. Our application does not have any data that we intend to share with other applications. So, it is not quite useful in our case.

Preferences: In our application, we can use this storage to store user preferences.Eg: to save user permissions, save user-preferred breaks, etc. It will help in maintaining preferences easily as key-value pairs.

Databases: External databases can be used to store breaks and daily routines which are added by the user. It helps in retaining the data if at all, the user want to install the application again or on a new device.