

# Abstract

This Document highlights the process of developing my habit tracking app.

Adopting good habits can be hard and maintaining them can be even harder, therefore it is advisable to use a habit tracker to help monitor and optimize the building of habits. A habit tracker is an app which provides an interface to monitor progress in building habits by giving information about one's progress in building habits.

Using this information one can identify problems with their habit development, set realistic goals to follow and plan effectively in order to develop habits in the most efficient manner.

This habit tracking app aims to create an interface with these functionality for the effective development of habits using data, It's feature set includes the ability to view consistency in completing habits, longest streaks of habit completion, the habits current completiong streak, displaying habits by periodicity,etc.

The app was developed using the Python programming language for it's logic, pysqlite for working with the database storage system, the Typer command line interface for command line interfacing, the rich framework for text formatting and pytest and freezegun for testing.

The app is split into 5 modules which handle all the different functions of the app they include the db, habit, analytics, cli and test module. These modules contain all the code needed for the app to function including code for the storage and deletion of habits how habits handle checkins and streak information, command line interfacing and testing.

The main goal of this app is to a simple and efficient means of achieving positive lasting change by offering a data driven approach to personal development.

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